Hafa Adai!

Torres enacts bill to exclude stimulus payments from taxation. PAGE 3
Hawaii says water in Pearl Harbor homes is safe to drink. PAGE 7

$1

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

Volume XXXII, Issue No. 56

www.saipantribune.com | MONDAY MARCH 21, 2022 | www.facebook.com/saipantribune

King-Nabors: Alepuyo made minor edits but no 'nefarious motive'

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Sen. Karl R. King-Nabors requested Gov. Ralph DLG Torres last Friday to withdraw Viola Alepuyo as his attorney of record, soon after the senator, who chairs the Senate Committee on the Impeachment Hearing, admitted that Alepuyo provided him some assistance in making minor edits to a draft of the Senate Rules of Impeachment.

As this developed, King-Nabors issued Friday a notice cancelling the prehearing conference in the impeachment case set for today, Monday, after House of Representatives Speaker Edmund S. Villagomez (Ind-Saipan) notified the Senate that he declines to serve as the House impeachment prosecutor.

King-Nabors said it is the intent of the impeachment hearing committee to

See MOTIVE on Page 4

AT A GLANCE

As of 6:16pm, March 20, 2022

VACCINATIONS IN THE CNMI

Eligible Population Additional Dose Vaccinated: 59.2%

Days since last community transmission: 3

Pfizer/BioNTech	
Initiated:	38,131
Fully Vaccinated:	37,342
Moderna	
Initiated:	5,345
Fully Vaccinated:	5,206
Janssen	
Fully vaccinated:	1,149
Additional Dose:	22,070

GUAM	OLD	NEW	TOTAL
Positive	46,650	80[1]	46,730
Recovered	45,204	8	45,212
Active	1,062	80	1,142
Deaths	341	0	341

SAIPAN	OLD	NEW	TOTAL
Positive	10,575	114[2]	10,689
Recovered	10,343	69	10,412
Active	132	114	246
Deaths	31	0	31

[1]3/20=7; 3/19=28; 3/18=45
[2]3/18=55; 3/17=59

Source: Joint Information Center - Guam, Commonwealth Healthcare Corp., https://www.vaccinatecnmi.com/vax-dashboard/

COMMUNITY VULNERABILITY

LEGEND:
Red: Least safe
Orange
Yellow
Blue
Green: Safest

Source: Office of the Governor

ACS on standby

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

As the CNMI continues to see its daily COVID-19 cases and number of hospitalizations decline, the Commonwealth Healthcare Corp. officially placed the Alternative Care Site at Kanoa Resort in a "warm" state, essentially closing the ACS facility and leaving the site on standby in case of another COVID-19 surge.

According to CHCC CEO Esther Muña, because there have been no patients at the COVID-19 site in Kanoa for the past few weeks, CHCC decided to transition the facility into a "warm" state starting last week before officially closing the site last Friday.

Muña explained that a "warm" state means the facility will be closed, but it will not be completely shut down so if there is a need for it in the near future, it can be easily reopened.

See ACS on Page 4

COVID UPDATE

114 new cases; 3 hospitalized

A combined 114 new cases of COVID-19 were confirmed in the CNMI last week, with 59 new cases reported on Thursday night and 55 new cases reported last Friday. These numbers bring the CNMI total to 10,689 cases since March 28, 2020. The vaccination statuses of all 114 cases are

See 114 on Page 4

Hix steps down as Democratic Party chair

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Hix

Nola K. Hix has stepped down as NMI Democratic Party chair, a position that she has held for three years, mainly because she lives in Guam now.

Hix said yesterday that she stepped down because of the challenges she faces in com-

See HIX on Page 4

SMALL BUSINESS POP UP EVENT

LEIGH GASES

Customers check out Cherry Moon Co.'s and Stitched by Suvanna's booth at the Cafe Mangosix during the grand opening of Cherry Moon Co. and the small business pop up event last Saturday.

See story on Page 4

INSIDE

BUSINESS
The finding of bird flu at an Iowa farm will force the killing of more than 5 million chickens.

Page 12

ASIA
China's health authorities have reported two COVID-19 deaths, the first since January 2021.

Page 13

WORLD
Ukrainian President Volodymyr Zelenskyy says Russian troops are committing war crimes.

Page 13

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

GOT A NEWS TIP? TEL: 235-6397 / 235-2440 FAX: 235-3740 EMAIL: editor@saipantribune.com

Local

CNMI Soul hosts pre-drop beach cleanup at Pau Pau Beach

By LEIGH GASES
leigh_gases@saipantribune.com
REPORTER

About 38 people join the Pau Pau Beach cleanup last Saturday, in an event that also served as an announcement for the relaunch of CNMI Soul, a small business whose products are made from recycled materials. LEIGH GASES

Ha'ane Isa Fejeran, owner of CNMI Soul, a small business whose products are made from recycled materials, hosted her first cleanup at Pau Pau Beach last Sunday, with about 38 people joining the cleanup that stretched from the beach area and pavilions all the way to a portion of the road heading into Pau Pau Beach.

Fejeran, who opened her shop in 2020 on the social media platform Instagram, said the cleanup also served as an announcement for her shop relaunching on April 20 and ties together her love for nature, the outdoors, and fashion.

Fejeran said she owes it all to the Mariana Islands Nature Alliance for the person she is today. She has done a lot of volunteer work for them and they "opened" her "eyes to being more environmentally conscious and aware." She thanks them for their support and coming to the cleanup, along with providing gloves and the transportation to dispose of the trash afterwards.

As to why she held the cleanup at Pau Pau Beach, Fejeran said it's a peaceful beach where she and her friends go often and thought it would be a great place to clean while enjoying the day.

Fejeran's message to the younger generation is to be environmentally aware and not litter. "Saipan's natural beauty is what brings in people, which makes us flourish. If we can inspire the kids of the future to do better, then that's really the goal. I just don't want them to litter," she said.

Fejeran hopes to host more beach cleanups and tree planting events in other locations as announcements for her future shop product launches and just to clean the environment in general.

Present during the cleanup was the Department of Fire and Emergency Management Services, Grace Christian Academy Honor Society, Trench Tech, MINA staff and volunteers, friends and family of Fejeran, and other small business owners. Fejeran thanked them all for coming out and for their support.

MINA, according to their website, is a non-profit environmental conservation organization and has been serving the Marianas since 2005, fostering community and science-based conservation programs to enhance and sustain the CNMI's environments and cultures.

APC
AQUA RESORT CLUB
Saipan
Let's do lunch
new themed buffet
DELICIOUS BUFFET | BEAUTIFUL VIEWS | AVAILABLE DAILY
international lunch buffet + pool pass
monday - saturday | 11:30am - 2:00pm
adults $25 | *$19 • children (6-11) $12.50 | *$10
Spend the afternoon with us
enjoy our lunch buffet and get a FREE POOL PASS
*Local Resident Rate -Must present valid CNMI ID
*Pool promo may not be combined with other offers.
Lunch Theme Lineup
Mondays | KOREAN
Tuesdays | WESTERN
Wednesdays | JAPANESE
Thursdays | CHINESE
Fridays | ITALIAN
Saturdays | PACIFIC ISLAND
Meet me at Costa
reservations : 670-322-1234 - ext. 731

Torres enacts bill to exclude stimulus payments from taxation

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres signed into law Friday a bill to exclude local stimulus payments from taxation.

House Bill 22-81, HD1, authored by Rep. Angel A. Demapan (R-Saipan), is now Public Law 22-15.

Demapan, who is the House of Representatives minority bloc leader and was present at the signing of the legislation in Torres' office, said that taxing the local stimulus payments would be inconsistent with the objective of the stimulus plan, undermine the purpose of the stimulus plan, and would only create additional burden on people.

This new law, he said, will help people recover from the economic hardship brought about by the COVID-19 pandemic.

The lawmaker thanked Finance Secretary David DLG Atalig and his team for working with him on putting together this legislation. He also thanked his colleagues in the House of Representatives and Senate for unanimously supporting passage of this legislation, and Torres for signing this bill into law.

The bill was introduced on Oct. 1, 2021. The House passed it on Dec. 20, 2021 with amendments in the form of H.B. 22-81, HD1. The full Senate passed the bill without amendments on Feb. 3, 2022.

Demapan stated in the bill that Torres established the 2021 American Rescue Plan Act Local Stimulus Plan, which provides for payments in the amount of $500 for each eligible individual and $500 for each dependent of an eligible individual.

Demapan said the purpose of the stimulus plan was to provide assistance to households impacted by the negative economic effects of the pandemic.

He said payments under the stimulus plan would be subject to the earnings tax unless applicable law is amended to specifically exclude these payments.

He said their intent with the new law is to exclude from the earnings tax stimulus payments received from the Commonwealth pursuant to the 2021 ARPA Local Stimulus Plan.

The co-sponsors of the legislation are vice speaker Blas Jonathan T. Attao (R-Saipan), and Reps. Roy C.A. Ada (R-Saipan), Joel C. Camacho (Ind-Saipan), Joseph A. Flores (Ind-Saipan), Joseph Leepan T. Guerrero (R-Saipan), John Paul P. Sablan (R-Saipan), and Ralph N. Yumul (R-Saipan).

COMMUNITY BRIEFS

NMPASI closed on Wednesday, Thursday

The Northern Marianas Protection & Advocacy Systems, Inc. would like to notify the public that our office will be closed on Wednesday, March 23, 2022, for a staff professional development and on Thursday, March 24, 2022, in observance of Commonwealth Covenant Day. Operations will resume on Friday, March 25, 2022. For any questions, comments or concerns, contact NMPASI at (670) 235-7273/4. ***(PR)***

4.7-magnitude quake south of the Mariana

At 12:13pm on March 20 2022, a report of a 4.7-magnitude earthquake occurred 11.786°N 144.397°E south of the Mariana Islands. Currently, there are no tsunami warnings or advisories that were issued by the Pacific Tsunami Warning Center. For more information, contact the CNMI EOC State Warning Point at (670) 237-8000. ***(PR)***

ARMATECH
PABX Telephone System Installer

Tel: (670) 234-8895 | Email: armatech.saipan@gmail.com
Mobile: (670) 287-5525 / (670) 783-8895

ATTENTION
Government Employees & Retirees!
SAVE MONEY with the Island Smiles Discount Dental Plan. ENROLL TODAY!
- **Cheapest Price:** $5.00 (Individual Plan), $6.00 (Two-Party Plan) or $7.00 (Family Plan) per bi-weekly allotment. Cheapest dental plan in the CNMI.
- Members receive at LEAST **20%-50% discounts** on all dental procedures. No exceptions!
- **Plan Provider:** Paradise Dental Spa. State-of-the-art, full service General and Cosmetic dental clinic. Most experienced dentists in the CNMI. Really nice people and the coffee pot is always on! Great aircon and free WiFi.

Award-Winning Dentists kind and gentle
DR. NELSON KRUM
DR. RICHARD ARBUCKLE

Paradise Dental Spa
Hawaii Dental Service, Take Care, Calvo's, Cigna, Staywell, and LHI Insurances also accepted. Medicaid patients welcome! Best Aircon on the island, and the coffee pot is always on!
Call 234-4040
Middle Road, Gualo Rai, across from Chong's Refrigeration
Stop by and pick up your enrollment packet or send an email request to paradisedentalsaipan@gmail.com
www.paradisedentalspa.com instagram.com/paradisedentalspa facebook.com/paradisedentalspa

ART MAN CORPORATION
SERVICES will be:
- Sewer Pumping
- Snake Wiring
- Portable Toilet Rental
- Portable Hand Wash Station
- Handling Recyclable Wastes

PMB 122 Box 10000
MP 96950, Lower Base
artmancorporation@gmail.com
Please Call: 234-8079 | 287-8079

Movie Night,
EVERY NIGHT!
with FREE Netflix
50Mbps
Home Internet
$95/mo
— or —
$65/mo
with ACP discount for eligible subscribers
Plus, enjoy
FREE service for 1 month
& FREE installation
ite.net itecnmi itecnmi
Terms and conditions apply. Offer valid 3/08/22 to 3/31/22. Subscription cannot be redeemed for cash or substituted. Affordable Connectivity Program (ACP) discount subject to eligibility. Subject to credit check. See stores or visit ite.net for details.
EARN PACIFICPOINTS
IT&E

'Alepuyo did not break any law about ex parte communication'

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Personally, Gov. Ralph DLG Torres doesn't think any law was broken in his lawyer's ex parte communication with the Senate on the impeachment matter.

Responding to questions about the subject during a radio press briefing last Friday, Torres said he makes sure to follow the law. The governor said he just learned about the matter last Thursday and that he asked his personal legal counsel, Viola Alepuyo, about it. He declined to divulge details of their conversation, saying he

Torres

wishes to keep that conversation confidential and just between Alepuyo and himself.

The issue arose last Thursday after Sen. Paul A. Manglona (Ind-Rota) disclosed the alleged ex parte communication between Alepuyo and the Senate's privately retained special legal counsel, Joe McDoulett, in drafting the impeachment rules that the Senate will follow in hearing the case against Torres. Ex parte means one side only.

Manglona (Ind-Rota) urged House of Representatives Speaker Edmund S. Villagomez (Ind-Saipan) and Senate President Jude U. Hofschneider (R-Tinian) to investigate the matter, saying there appears to be an "egregious breach" of ethical conduct that may have broken multiple criminal statutes, some Senate rules, and the American Bar Association's Rules of Professional Conduct.

Torres said he has not communicated with any of the senators about the impeachment matter.

"If you have any other questions, go ahead and ask my lawyer for that question," Torres said.

He said his message to the community is that he has asked his counsel since the beginning that he does not want to prolong this impeachment process.

The governor said the House has investigated him for two years and they did all their subpoenas and other stuff. "So all I want is to get this over with and the shorter that we address this, the better it is," he said.

Torres said he does not want to speculate about the ex parte communication, but that when the time comes, they're here to make sure that they follow the law.

Cherry Moon Co. launched in small business pop up event

By LEIGH GASES
leigh_gases@saipantribune.com
REPORTER

A small, one-woman-owned home business called Cherry Moon Co. made its debut during a small business pop up event at Cafe MangoSix last Saturday in an event that also showcased six other small businesses.

Cherry Moon Co.'s owner Sheri Llagas, who handmakes bohemian-themed macramé art and decor out of different types of fiber rope, said that Saturday's event, which lasted from 12pm to 3pm, had a "pretty good turnout." Along with new and returning customers, her friends, family, and others came out to support her and the other businesses, she said.

This event also featured six other small businesses that can be found on social media platform Instagram and included Bonitu Basula, Stitched by Suvanna, Paopao, CNMI Soul, Thrift with Tee, and Shop Neni Girl Nails.

In a later interview, Llagas said the idea of making macramé art and decor came to her during the beginning of the COVID-19 pandemic—like most other small businesses. Llagas hopes to one day expand her small business into a shop and share her love for bohemian style, which is not seen often on the island.

Llagas gives special thanks to her family and boyfriend for their continued support. She also thanks the small businesses that came by to showcase their products and art on a short notice. She also hopes that there will be more pop up events like this in the future, showcasing the same businesses and other small businesses as well.

HIX

From Page 1

muting from Guam to Saipan and vice versa.

Hix said the party unanimously chose Jonathan Cabrera as her successor during the NMI Democratic Party's Executive Committee meeting last week. Hix appeared at the meeting via telephone conference and that it was she who nominated Cabrera to be the new chair.

"The Democratic Party needs someone physically on the ground at all times. I was able to name my successor," Hix said.

Hix was elected chair in 2018 and requested to remain as chair in 2019. Hix said she asked that they allow her to stay on with the intent that she would travel back and forth from Guam once a month.

She said she wanted to continue the work because that was an election year—a historic year for the NMI Democratic Party.

Hix said she will continue to work on party projects and the gubernatorial campaign.

She said Rep. Corina L. Magofna (D-Saipan) leaving the party last week is just unfortunate timing but not the reason why she is stepping down now, as she had this discussion with the party since last month.

Magofna, who ran as a Democrat and won during a special election last Oct. 16, is seeking re-election for a House of Representatives Precinct 3 seat as an independent this Nov. 8 election.

Magofna said she made the decision after many deep and lengthy conversations and discussions with family members, friends, and her constituents.

114

From Page 1

pending verification.

Also, as of March 18, 2022, there were three individuals hospitalized as a result of COVID-19, one unvaccinated and two fully vaccinated. With the Commonwealth Healthcare Corp. reporting five hospitalized as a result of COVID-19 on Thursday, this presumably means that two patients have already been discharged from the hospital.

Of the 55 cases that were reported last Friday, CHCC said that 54 were identified on March 17, 2022; and one prior to March 17, 2022. Five cases were identified on Tinian on March 17.

Of the 59 cases reported late Thursday, CHCC said that 58 were identified on March 16, 2022; and one prior to March 16, 2022. Eight of these cases were identified on Tinian on March 16, 2022.

Of the 10,689 total cases that have been identified in the CNMI, there have already been 10,412 recoveries; 246 active cases; and 31 COVID-19-related deaths. Of that number, 9,927 were identified via community testing and 762 via travel testing.

A total of 84 COVID-19 vaccine shots were administered on March 18, 2022; of the eligible population, 59.2% have received an additional dose. The vaccination rate is calculated using the 2020 Census population estimates for the CNMI and includes the eligible 5-years-old and older population. A correction has been made.

A total of 328 COVID-19 tests were conducted on March 17, 2022: 231 via Community-Based Testing; seven at the Koblerville COVID-19 Community Center; 11 at the Tinian Health Center; and 79 at the Rota Health Center. ***(Saipan Tribune)***

ACS

From Page 1

"For the last couple of weeks, we have not had any patients at the Alternative Care Site. So, as we're seeing zero hospitalizations over at the Alternate Care Site, we've put it into a 'warm' state. 'Warm' state means that all the equipment will be there and we will ensure that preventive maintenance is done, so when there's a need for it, or if there is a surge again, or for any reason whatsoever, we will be able to utilize it and return it to what we call hot state," she said.

Muña explained that after monitoring the COVID-19 trend in the United States and Guam, CHCC feels it is safe to close the ACS for now.

"Right now, we're seeing what's happening in the U.S. and also what's happening in Guam, and we're seeing cases decline and a decline in hospitalizations too. We feel that it is safe to close the ACS site. But, again, by putting it in a warm state, we remain prepared because we just don't know exactly what's coming up next," she said.

The CHCC CEO said putting the ACS in a warm state was the best decision, as opposed to the alternative, which is completely shutting it down, because it keeps the CNMI prepared for whatever COVID-19 variant may pop up next.

"There's a lot of information coming in. We just want to make sure that we do this right. So putting the ACS in a warm state is the best decision for us, rather than completely shutting it down," she said.

CHCC announced the temporary closure of the ACS following news that the CNMI is slowly progressing toward community level medium.

As of March 14, 2022, a total of 10,535 cases of COVID-19 have been reported in the CNMI, with 1 in 5 CNMI citizens estimated to have contracted the disease. Due to the high vaccination rate against COVID-19 in the CNMI and availability of treatments such as monoclonal antibodies, rates of severe COVID-19 have been low.

A total of 213 people have been hospitalized for COVID-19 (2.1% of cases) in the CNMI and 31 people have died due to COVID-19 for an overall case fatality rate of 0.3%, lower than almost every other U.S. jurisdiction and most countries.

MOTIVE

From Page 1

proceed with the issuance of deadlines pursuant to the Senate Impeachment Rules at a later date.

In a letter to Torres Friday, King-Nabors said that withdrawing Alepuyo as the governor's counsel of record would avoid any unnecessary distractions and delays relating to the Senate impeachment hearing.

The chairman said that Sen. Paul A. Manglona (Ind-Rota) has "mistakenly and unjustifiably ascribed nefarious motive" to his request for Alepuyo's help.

Last Thursday, Manglona urged House Speaker Villagomez and Senate President Jude U. Hofschneider (R-Tinian) to investigate an alleged ex parte communication between Alepuyo and the Senate's privately retained legal counsel, Joe McDoulett, saying he has documents showing Alepuyo and McDoulett having ex parte communication about drafting the Impeachment Rules. He claims that the documents showed edits that Alepuyo did on the draft rules.

Last Friday, in response to Manglona's call for an investigation, King-Nabors wrote to Hofschneider apologizing for not disclosing the information because he did not think it was going to be an issue. King-Nabors said the tracked edits that are referenced in Manglona's letter do reflect edits made by Alepuyo.

King-Nabors

Alepuyo

"To set the record straight, at my behest, Ms. Alepuyo did, in fact, made those edits," he said.

King-Nabors said it should be known that at the time he reached out to Alepuyo, she was not the governor's attorney of record.

"This is at the heart of the concerns contained in the letter and this fact should offer you greater clarity as to the context of how this transpired," he said.

He said Alepuyo is a close family friend and that he regularly communicates with her on various matters.

"This time was no different," said the senator, adding that he asked Alepuyo to review certain timelines within the rules, and to recommend what would be an appropriate amount of time for certain responses.

As such, King-Nabors said, Alepuyo made the edits, shortening the number of days for certain rules relating to when subpoenaed witnesses should respond for all parties.

King-Nabors noted that the suggested revisions offered by Alepuyo was done prior to the Senate's adoption of the Impeachment Rules.

He said the prohibition on ex parte communications did not come into effect until the Impeachment Rules were adopted.

The senator said since Alepuyo was hired as the governor's personal attorney, there has been no communications as it relates to the rules or the impending impeachment trial.

However, King-Nabors said, because of the appearance of impropriety and the unnecessary distraction that this issue has caused, as chairman of the Committee on the Impeachment Hearing, he will be formally issuing a letter to Torres requesting that Alepuyo withdraw as his attorney of record.

He said it is important that the process continues in accordance with the rules to ensure the expediency of this impeachment trial.

King-Nabors said this issue should not be a hindrance to the Senate moving forward with the impeachment trial for the good of the Commonwealth.

In a separate statement Friday, King-Nabors said Alepuyo made the edits on Feb. 13, 2022, and her appointment to serve as the governor's personal counsel was made on Feb. 18, 2022. He said the Senate Impeachment Rules was passed in committee on Feb. 25, 2022, and adopted by the full Senate body on March 3, 2022.

The chairman said generally, there is no prohibition on ex parte communication in impeachment matters at the federal level, but their committee decided to include such a prohibition.

King-Nabors said that either Manglona had not read the rules or does not comprehend them. Had Manglona done so, he would know that the prohibition on ex parte communication did not come into effect until the rules were adopted, King-Nabors said.

A longer version of this story is available at www. saipantribune.com

DIESEL EXHAUST

Diesel is a type of fuel derived from crude oil. It is used in most large engines, including many trucks, buses, trains, construction and farm equipment, generators, ships, and in some cars. Diesel exhaust is produced by burning diesel fuel. The exhaust is a complex mixture of gases, vapors, aerosols, and particles that can be harmful to human health!

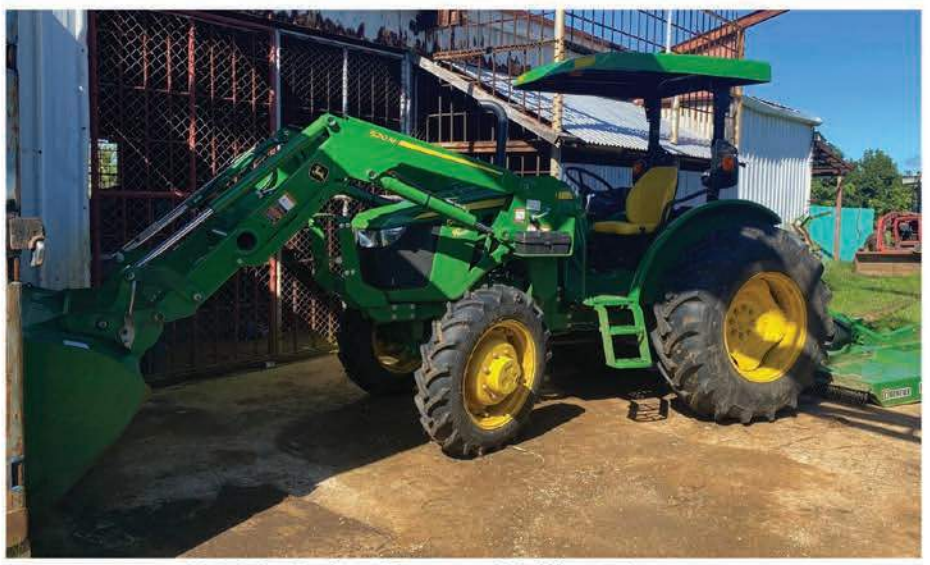
Short term exposure to diesel exhaust can cause coughs, headaches, nausea, allergic reactions causing asthma, and irritation of the eyes, nose, throat, and respiratory tract. Long term exposure increases the risk for serious health effects such as lung cancer.

WAYS TO REDUCE YOUR EXPOSURE TO DIESEL EXHAUST

- Limit the amount of time you spend near running engines.
- If diesel fuel is necessary, choose Ultra-Low Sulfur Diesel.
- Service your engines regularly to reduce exhaust fumes. If possible, replace old diesel engines.
- Report excessive diesel smoke to the Bureau of Environmental and Coastal Quality!

DIESEL EMISSIONS REDUCTION ACT (DERA)

DERA grants and rebates, administered and awarded by US EPA, are intended to protect human health and improve air quality by reducing harmful emissions from diesel engines.



2021 John Deere Utility Tractor

1995 Massey Ferguson Tractor

- In 2020, the BECQ Division of Environmental Quality (DEQ) secured a DERA grant, with the CNMI Department of Agriculture (DOA) as their sub-awardee, to replace DOA's agriculture tractor.
- A 1995 Massey Ferguson tractor with a Tier 1 engine was replaced with a 2021 John Deere tractor with a Tier 4 engine.
- Tier 4 certified engines meet EPA's strictest emission standards by significantly reducing air pollution, specifically emissions of particulate matter (PM) and oxides of nitrogen (NOx) to near zero levels!
- The DERA grant releases competitive and non-competitive funding opportunities on a yearly basis. Interested parties may contact the BECQ-DEQ Air Program to inquire about equipment eligibility and other program guidelines.
- Selected recipients may receive funding that covers up to 100% of the costs to replace existing diesel-powered vehicles, equipment, or engines!

For more information, please contact the DEQ Air Program at 670-664-8516 or email deq.air@becq.gov.mp

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514 | Email: nmhc@nmhc.gov.mp | Website: http://www.nmhcgov.net
Tels: (670) 233-9447
233-9448
233-9449
233-9450
Fax: (670) 234-9451

PUBLIC NOTICE

03/09/2022

This Notice is paid by NMHC with HUD funds

NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND NOTICE OF INTENT TO REQUEST A RELEASE OF FUNDS

Government of the Commonwealth of the Northern Mariana Islands
Northern Marianas Housing Corporation
Saipan, MP 96950Tel: (670) 234-9447/6866

This notice shall satisfy the above-cited two separate but related procedural notification requirements.

REQUEST FOR RELEASE OF FUNDS

On or after March 25, 2022, the Government of the Commonwealth of the Northern Mariana Islands will submit a request to the U.S. Department of Housing and Urban Development, Washington D.C., for the release of Community Development Block Grant Disaster Recovery (CDBG-DR) Supplemental Appropriations for Disaster Relief Act, 2019 P.L. 116-20, enacted on January 27, 2020, announced via Federal Register Notice, to undertake the following activity and purposes in Saipan, Commonwealth of the Northern Mariana Islands:

Project Activity/Type:
Public School System (PSS) Marianas High School (MHS) Career and Technical Center (CTE) construction of a new building.

The MHS CTE was damaged by Super Typhoon Yutu around October 2018. The MHS CTE building was assessed and evaluated by FEMA representatives and found that the extent of the damage for repair cost exceeded beyond 87.5% of the building replacement. Instead of partial repairs of the building, it was determined it is more beneficial for the CNMI to construct a new building.

This project is about 50,000 square feet two-storey concrete building. The building will house the following programs: The hospitality and tourism training; Automotive technology workshop; Computer and Server supporting information technology; Cosmetology classroom and mock-up salon and laboratory space; Health science and nursing space with clinic; Dressing room and storage; Music room for performing arts; and Commercial teaching kitchen for culinary arts.

Purpose:
The Northern Marianas Housing Corporation (NMHC) recognizes the requirements provided under 83 FR 40314 but firmly believes that the eligible activities under CDBG-DR Infrastructure Program are permissible and thereby asserts that the PSS MHS CTE is an essential component that trains 600 students annually for careers and skills needed in the CNMI economy. The need to fill the technical labor workforce in the CNMI begins with the training of skills and knowledge needed for employment. This project ensures the future of CNMI workforce consistency and enhancement of individual contribution to the island labor pool.

Location:
Lot 39 H 01, Susupe Village, Saipan MP 96950

Total Project Cost:
$6,000,000.00:CDBG-DR funding
$6,000,000.00: Economic Development Administration (EDA)

FINDING OF NO SIGNIFICANT IMPACT

The Government of the Commonwealth of the Northern Mariana Islands has determined that the above-listed projects will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) and is ready for public viewing on the Northern Marianas Housing Corporation (NMHC) website at www.nmhcgov.net or www.cnmi-cdbgdr.com; or you may visit the on file at the NMHC Central Office in Garapan, Saipan or NMHC CDBG-DR Office in Beach Road Chalan Laulau, Saipanamined during regular work hours, Monday through Friday except CNMI Holidays, from 7:30 A.M. to 4:30 P.M.

PUBLIC COMMENTS

Any individual, group or agency disagreeing with this determination or wishing to comment on the project may submit written comments to the Northern Marianas Housing Corporation. You may submit comments from the following options: Via mail to P.O. Box 500514, Saipan, MP 96950; Direct delivery to the central office in Garapan, Saipan or drop-box located in front of the building; and Via email at nmhc@nmhc.gov.mp. All comments received by **March 24, 2022, 4:00 p.m.**, will be considered by the Government of the Commonwealth of the Northern Mariana Islands prior to authorizing submission of a request for release of funds. Commentors should specify which part of this Notice they are addressing.

RELEASE OF FUNDS

The Government of the Commonwealth of the Northern Mariana Islands certifies to the U. S. Department of Housing and Urban Development (HUD), Washington D.C. that the Government of the Commonwealth of the Northern Mariana Islands and Governor Ralph DLG. Torres consent to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process, and that these responsibilities have been satisfied. The U. S. Department of Housing and Urban Development (HUD), Washington D.C. acceptance of the certification satisfies its responsibilities under the National Environmental Policy Act of 1969 and related laws and authorities, and allows the Government of the Northern Mariana Islands to use Program Funds.

OBJECTION TO RELEASE OF FUNDS

The U. S. Department of Housing and Urban Development (HUD) Washington D.C. will accept objections to its release of funds and the Government of the Northern Mariana Islands certification for a period of **fifteen days** following anticipated submission date or its actual receipt of the request (whichever is later) only if it is on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Government of the Northern Mariana Islands; (b) the Government of the Northern Mariana Islands has omitted a step or failed to make a decision or finding required by the U. S. Department of Housing and Urban Development regulations at 24 CFR Part 58; (c) the grant recipient has incurred cost not authorized by 24 CFR Part 58 before approval of the release of funds by the U. S. Department of Housing and Urban Development; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures of 24 CFR Part 58 and shall be addressed to Ms. Tennille Smith Parker, DRSI Division Director, HUD, via email at Tennille.S.Parker@hud.gov ; Tel: (202)402-4649. Potential objectors should contact the U.S. Department of Housing and Urban Development to verify the actual last day of the objection period.

/s/
Ralph DLG Torres
Governor, CNMI

'Transparency is the issue'

Lt. Gov. Arnold I. Palacios is disappointed, but not surprised, by the recent revelation that Senate impeachment hearing officer and Tinian Sen. Karl K. Nabors (R-Tinian) sought advice from Gov. Ralph DLG Torres' attorney, Viola Alepuyo, as he and Executive Appointments & Government Investigations chair Sen. Francisco Q. Cruz (R-Tinian) developed rules for the governor's impeachment trial.

On Friday, Sen. Paul A. Manglona (Ind-Rota) questioned the propriety of having the impeached official's lawyer providing advice to the Senate on the rules for the upcoming impeachment trial.

"Had it not been for the courage of the individual or individuals who saw this misdeed, and advised accordingly, we would never know the extent of the impropriety conducted by the Senate Committees, its attorney and Gov. Torres," said Palacios.

In response to Manglona's letter, King-Nabors admitted that he sought Alepuyo's advice as she is a close family friend who usually provides him with counsel. Nabors further pointed out that Alepuyo was not Torres' attorney at the time he sought her advice. Attorney Joe McDoullet was already the special counsel for impeachment at the time King- Nabors presented Alepuyo with the draft rules and sought her advice.

Palacios

"Sen. Nabors misses the point of having an open government law. It is to allow all interested parties an opportunity to provide input on legislative rules, bills, and reports. He did not do that here. Instead, he gave the advantage to Gov. Torres," said Palacios.

Alepuyo is chairs the Marianas Visitor's Authority board and represented several members of Torres' administration before the House Judiciary and Governmental Operations Committee. Alepuyo is also one of several legal counsels for Torres at the impeachment trial.

"The fact that Ms. Alepuyo represents Governor Torres' administration alone, should have been enough warning that any communication with her about the impeachment rules was improper, let alone the fact that the issue of impeachment and transparency are hot topics in our community. Transparency is the issue," Palacios said.

Earlier this month the Senate abruptly adjourned its first session on Impeachment Rules after Manglona and Sen. Victor Hocog (R-Rota) argued over the limiting of public comments at the session. A review of the Senate YouTube Channel showed Senate president Jude Hofschneider interrupting the speakers as they were commenting on the Impeachment Rules. King-Nabors, who was present at the session, did not disclose that he already provided the draft rules to Alepuyo.

"To say that Attorney Alepuyo was involved in the drafting of the rules was an oversight is immaterial. This calls into question the integrity of the entire pre-impeachment trial and impeachment trial process. I challenge the Senate to heed to the governor's call for a 'fair and impartial trial.' I would only ask the senators to put the integrity of our institutions and the interests of our people first," Governor said. ***(PR)***

JWS

SALES EXECUTIVE

JWS has immediate opening for a Full-Time Sales Executive. Seeking a knowledgeable, motivated individual, with a "can do" attitude, and a passion for excellence to join our team.

Successful candidate will possess the following:
- Minimum of 2 years experience in proven sales success
- Good verbal communication and written skills
- Excellent customer service skills
- Able to Work Independently
- Organized and Able to Meet Deadlines
- Computer Literate

Benefits Include:
- Competitive Salary with Commission
- Medical Insurance
- Paid Vacation & Sick Leave
- Paid Holidays

Submit resume to jenm@jwsguam.com or apply in person.
JWS Refrigeration and Air Conditioning
is an Equal Opportunity Employer

Hawaii says water in Pearl Harbor homes is safe to drink

HONOLULU (AP)—The Hawaii Department of Health said Friday that the tap water in all residential areas served by the Navy's Pearl Harbor water system is safe to drink, more than three months after a petroleum leak from a military fuel tank facility sickened thousands.

Jet fuel leaked from the Navy's Red Hill Bulk Fuel Storage Facility into a Navy water well and into the tap water on and around the Pearl Harbor military base in late November. Nearly 6,000 people sought medical treatment for rashes, headaches, nausea and other ailments. About 4,000 people spent months living in hotels just so they could have clean water.

The Navy suspended use of the affected well. It spent several months flushing clean water through its pipes and the pipes of individual homes so families could live in them again.

The Department of Defense said earlier this month it would shut down the nearly 80-year-old fuel storage facility amid an outcry from Hawaii residents and military families.

The health department said it is waiting more data from two non-residential areas at Joint Base Pearl Harbor-Hickam and Aliamanu Military Reservation before it rules on the safety of the water in those locations.

Authorities tested samples from 10% of the homes in each of 19 separate zones before the department gave its OK for the water in those areas. That follows a plan approved by the department and the U.S. Environmental Protection Agency.

The department said it would test the water in 5% of the homes in a given zone in the first three months after it declared the water there safe to drink. It would follow that by testing the water in 10% of the homes every six months over the following two years.

Some families have expressed concern that testing a small percentage of homes wasn't enough and said they wanted the water in all homes to be tested.

The department has said 10% of the homes provided a representative sample of the homes in zones.

LIFETIME ACHIEVEMENT DONOR

Atkins Kroll Saipan presents Saipan Red Cross with $10,000 as a Lifetime Achievement donor for the first annual Red Cross Gala, which will be held April 23 at the Kensington Hotel Saipan. "We are extremely grateful for the generous humanitarian efforts Red Cross provides to our community," said Atkins Kroll Saipan vice president and general manager Joel Lesh. "Our island has seen many disasters and Red Cross and their volunteers always find a way to come to our aid." This comes as Atkins Kroll celebrates its 55th anniversary this month. "We continue to live by our tagline, here for Saipan, here for life," said Lesh. "We are grateful to call Saipan home and look forward to serving our island for many years to come." Follow their Facebook page for various fun activities throughout the year. If you have any old memories with Atkins Kroll, send it to marketing@akguam.com. Your memory may be featured in the AK Saipan social media pages.

CONTRIBUTED PHOTO

Name: ZHA, LIXIN and WEI, CHUN XUE
Address: PMB 806 Box 10003
Saipan, MP 96950
Phone: 285-8805/285-1616

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

In the Matter of the Petitioner for the Change of Name of: W.Y.Z. A Minor child
By: Zha, Lixin and Wei, Chun Xue Petitioner(s)

FCD CN CIVIL ACTION NO. 21-0112

NOTICE OF HEARING

Notice is hereby given that the above-entitled matter is set for hearing on July 18, 2022, at 9:00 A.M. in Courtroom 217A, before Honorable Teresa Kim-Tenorio.

Dated this 16th day of March, 2022.

Patrick V. Diaz
Clerk of Court

/s/ _____
By: Deputy Clerk of Court

PROCUREMENT AND SUPPLY
COMMONWEALTH HEALTHCARE CORPORATION

REQUEST FOR PROPOSAL
ITB22-CHCC/HDP-012
HEALTH DISPARITIES PROGRAM (HDP)

SUBMISSION DEADLINE: APRIL 4TH, 2022 TIME: 10:00 AM (CHST)

"LEASE OF VEHICLE"

INTERESTED PARTIES CAN DOWNLOAD THIS INVITATION TO BID FROM THE CHCC WEBSITE (WWW.CHCC.GOV. MP). ONCE AT THE SITE, NAVIGATE TO **REQUEST FOR PROPOSAL** TAB ON THE LEFT NAVIGATION BAR. CLICK ON THE URL FOR THIS RFP. YOU WILL BE REQUIRED TO ENTER DATA TO ALLOW US TO TRACK ALL REQUESTS FOR THIS OPPORTUNITY.

THE CHCC RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSAL AND TO WAIVE ANY IMPERFECTIONS IN ANY PROPOSAL, IF TO DO SO SHALL BE IN THE INTEREST OF THE CHCC. ALL PROPOSALS SHALL BECOME THE EXCLUSIVE PROPERTY OF THE COMMOWEALTH HEALTHCARE CORPORATIONS.

/S/ ESTHER L. MUNA
CHIEF EXECUTIVE OFFICER

/S/ CORA P. ADA
DIRECTOR OF PROCUREMENT & SUPPLY

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514

REQUEST FOR QUOTATION (RFQ) NMHC RFQ 2022-001

(This ad is paid for NMHC with HUD funds)

INDEPENDENT COST ESTIMATOR (ICE) CONTRACTOR

Information regarding the ICE contractor services will be available online on March 16, 2022, you may obtain the RFQ information by visiting the NMHC website at www.nmhcgov.net by clicking on the "Procurement Tab", or at www.cnmi-cdbgdr.com. ***All price quotations shall be submitted on or before March 31, 2022, no later than end of work day.***

Pursuant to NMIAC § 100-60-220 (c)(1), the NMHC is soliciting price quotation from qualified firms to perform ICE for the NMHC's CDBG-DR programs.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

All price quote submissions in response to this RFQ are considered quotes and not proposals or offers, even, if labeled as such. The quoters agree to and are bound by all instructions, procedures and rules of the RFQ.

Inquiries regarding this solicitation must be addressed in writing to Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
JESSE S. PALACIOS
Corporate Director

CAPITAL IMPROVEMENT PROGRAM, OFFICE OF THE GOVERNOR
COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
Tel: (670) 664-2371 | Fax: (670) 664-2408 | Caller Box 10007, Saipan, MP 96950

REQUEST FOR QUALIFICATION STATEMENTS RFQ22-GOV-42200082

SUBMISSION DATE: 10:00 AM April 6, 2022

REQUEST FOR QUALIFICATION FOR PROVISIONS OF ARCHITECT/ ENGINEERING SERVICES 702 CIP PROJECT MANAGEMENT SERVICES

Governor Ralph DLG. Torres through the Capital Improvement Program (CIP) Office, (collectively, "Commonwealth") are soliciting sealed proposals from **Architects and Engineers to provide Project Management Services for the Capital Improvement Projects funded under the 702 Covenant Funding.**

Interested parties may pick up the applicable Scope of Work (SOW) and Submittal Requirements at the Office of Capital Improvement Program Office, Office of the Governor, Juan A. Sablan Building, Capitol Hill, Saipan, beginning **Monday, March 7, 2022** during regular working hours. Submittal of all qualifications must precisely follow the submittal requirements identified in the Scope of Work and Submittal Requirements.

Statements of qualification must be presented by a combination of both brochures and the use of current U.S. Government Standard Form 330 or the latest version of Standard Forms. Only professionally licensed firms with a valid CNMI business license will be considered. Project Managers include Architects, Civil, Mechanical, Electrical Engineers, Geotechnical and Environmental Consultant. Selected Project Managers will be retained of a one-year contract with an option to renew for an additional year at the discretion of the Commonwealth. Statement of Qualifications will be evaluated and scored based on the following criteria:

1. Qualifications of personnel or sub-consultants – 30%
2. Past Experience and Performance as a Project Manager – 40%
3. Project Methodology – 30%
4. Fee Proposal – 0%

Questions regarding this RFQ must be in writing and submitted via email to Ms. Jessel Mesa at jesselmesa.cip@gmail.com no later than 4:00 p.m. (ChST) **Monday, March 28, 2022**

Proposers located outside the CNMI may obtain an additional seven (7) working days for receipt of their proposal by submitting the Notice of Intent to Propose Form to the Acting Director of Procurement Services no later than 10:00 a.m. (ChST) **Wednesday, April 6, 2022** and may be sent via email to bidintent@dof.gov.mp.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS, AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSALS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ Ralph DLG. Torres
Governor, CNMI

/S/ Francisco C Aguon, Acting Director
CNMI Procurement Services

PUBLIC SCHOOL SYSTEM
Special Education Program

PUBLIC PARTICIPATION REQUIREMENT

Pursuant to the Individuals with Disabilities Education Act Public Participation Requirements, the Public School System Special Education Program are required to circulate for 60 days its grant application for Special Education, and allow 30 days during that period for public comments from the general public, including individuals with disabilities and parents of youth with disabilities. Hard copies of the Special Education Grant Application are available from Monday – Friday, 8:00am – 4:00pm at the Office of Special Education Program, Capitol Hill House Bldg. #1224.

For Special Education Program

60-day Public Circulation Period: March 21, 2022 thru May 20, 2022

30-day Public Comment Period: March 21, 2022 thru April 20, 2022

You may also access the grant applications on the PSS Website at https://www.cnmipss.org/special-education-program

Comments may be hand delivered to the Special Education Program office located in Capitol Hill Bldg. number 1224 or phone your comments in to:

Special Education Program (670) 237-3029

For more information, please contact Ms. Donna M. Flores, Director, Special Education Program at (670) 237-3029.

AMENDED MINIMUM BID
VEHICLE FOR AUCTION

2016 MAZDA 6, 4 DOOR SEDAN- DARK BLUE COLOR

For more information, please contact the Bank of Guam through its counsel, Robert T. Torres at Telephone Numbers (670) 234-7859 - (670) 234-5750.

Bids will be closed on
THURSDAY, MARCH 31, 2022 AT 4:00 P.M

The Bank reserves the right to reject any or all offers

The vehicle will be sold to the highest bidder "as is, where is" without any warranties –
Amended Minimum bid is $13,000.00
All bids must be received by 4:00p.m

Please call to schedule an inspection.
Vehicle bid form can be obtained from
Bank of Guam counsel's office at:

ROBERT TENORIO TORRES
Attorney at Law
Chalan Kiya
P.O. Box 500730 CK Saipan, MP 96950

Opinion

Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER
Volume XXXII, Issue No. 56

Published daily at 2/F JP Center,
Beach Road, Garapan, Saipan, CNMI
Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

Jayvee L. Vallejera EDITOR
jayvee_vallejera@saipantribune.com

Mark Rabago ASSOCIATE EDITOR
mark_rabago@saipantribune.com

MEMBER

The Associated Press | Pacific Islands News Association

EDITORIAL

Congress hears Zelenskyy's plea

Ukrainian President Volodymyr Zelenskyy used timeless values and modern media in his virtual speech to Congress on Wednesday. Both were effective. But the most compelling component of his presentation was the president himself—a true wartime leader who is willing to marshal, and possibly die for, his country.

Zelenskyy knows not only Ukraine's history but America's as well. Evoking Pearl Harbor and 9/11—"our country experiences the same things every day right now"—he appealed to America's identity as an indispensable nation. And just in case anyone, including President Joe Biden, needed a reminder, Zelenskyy spoke directly to the U.S. president when he said, "I see you as the leader of the world. Being the leader of the world means being the leader of peace."

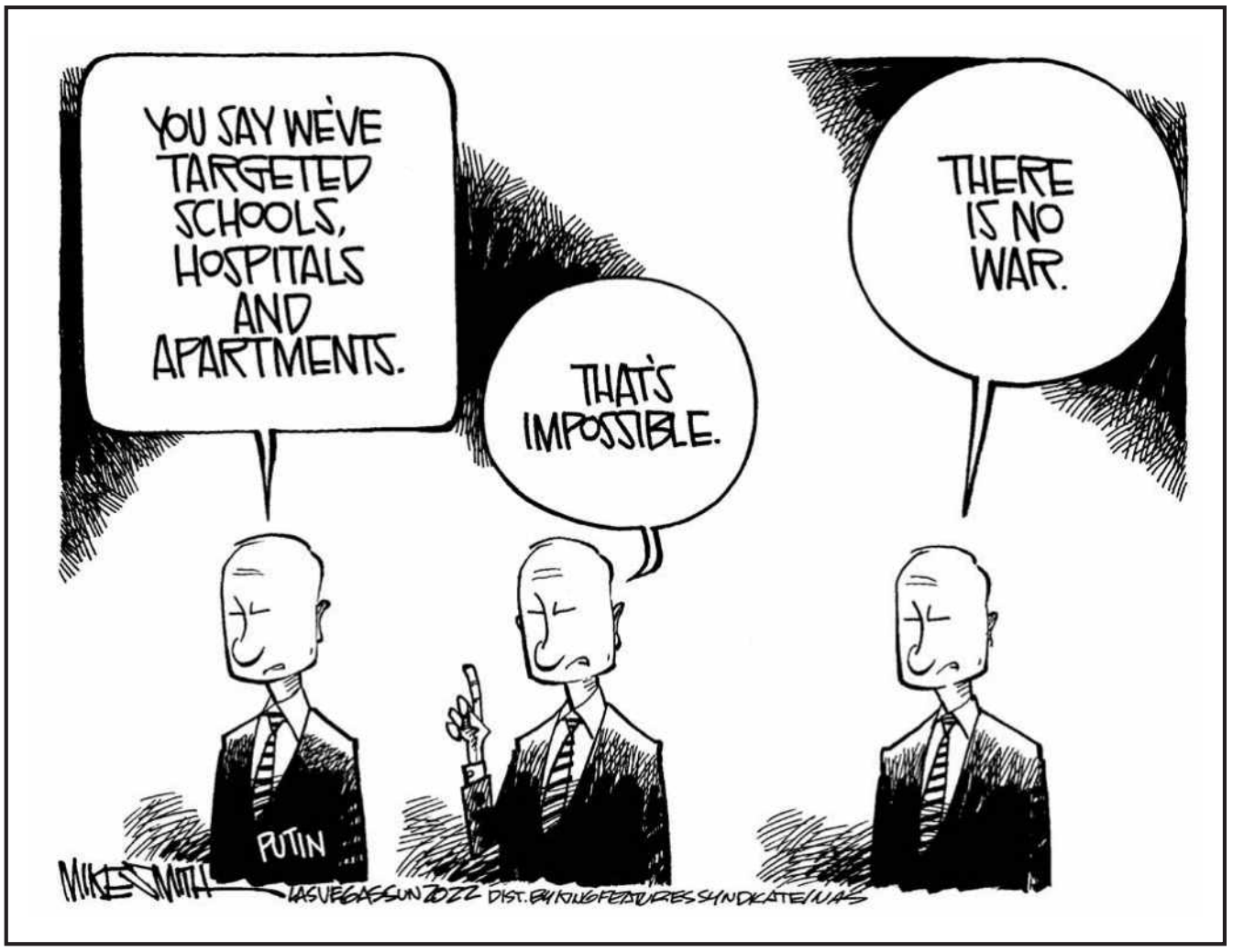
In this case, peace doesn't mean pacifism. It means self-defense, and Biden and Congress deserve and received credit from Zelenskyy for the military and diplomatic support Biden has been instrumental in generating from European and Pacific allies. The severe sanctions have real teeth, and Zelenskyy asked for the bite to go deeper, including sanctioning Russian politicians and asking U.S. companies to immediately leave a Russian market that is "flooded with our blood."

But Ukraine needs even more, Zelenskyy said, making his case by showing a visceral video depicting scenes of pre-invasion Ukraine dissolving into raw images of the effects of Russia's invasion. The video included unflinching footage of blown-up buildings, mass graves, bloody casualties and, most emotively, children—dead, wounded or inconsolable as their families split up and their fathers went to war.

Just as Zelenskyy is the antithesis of Russian President Vladimir Putin, the all-too-real video contrasted sharply with the Orwellian disinformation Russia offers to its citizens and to those outside of the country who are still duped by his demonstrable lies.

To stop the senseless carnage, Zelenskyy asked for a no-fly zone over Ukraine. Biden and other NATO leaders have wisely held back, not wanting to put U.S. and allied

See CONGRESS on Next Page


YOU SAY WE'VE TARGETED SCHOOLS, HOSPITALS AND APARTMENTS.
THAT'S IMPOSSIBLE.
THERE IS NO WAR.
PUTIN
MIKE SMITH
LAS VEGAS SUN 2022 DIST. BY KING FEATURES SYNDICATE, INC.

Creating a no-fly zone or sending US troops to Ukraine would be disastrous

By STEVEN DURLAUF AND LAWRENCE BLUME
CHICAGO TRIBUNE

The horrors of the Russian invasion of Ukraine and the astounding heroism of the Ukrainian people have naturally created a groundswell of sympathy. Many call for escalation of Western assistance to Ukraine, either by creating a no-fly zone, initiating airstrikes or even using NATO ground forces. We are profoundly sympathetic to Ukraine but fear that these scenarios will unleash an unmanageable escalation leading to the use of nuclear weapons. It is important that President Joe Biden hold this line at the upcoming NATO summit.

Russia's stock of tactical nuclear weapons includes short-range missiles, nuclear artillery, nuclear landmines and more. Russian President Vladimir Putin's ordering of Russian nuclear forces to high alert should be taken seriously. The lowest level of use, tactical weapons, opens the gateway to escalation. James Mattis, defense secretary under President Donald Trump, testified to Congress that there is not "any such thing as a 'tactical nuclear weapon.' Any nuclear weapon used any time is a strategic game-changer."

Mattis' point is key: Tactical nuclear weapons introduce a qualitatively different level of uncertainty in understanding how each side will behave. The potential result of this uncertainty is preemption: One side moves to strategic nuclear war in anticipation of the other side doing the same.

We believe that the threshold for escalation to tactical nuclear weapons is reached in situations in which NATO forces kill Russians and Russians kill Americans; on the ground from the introduction of NATO soldiers or in the air by the enforcement of a no-fly zone. Since the 1950s, the U.S. and Soviet Union and then Russia have confronted one another in proxy wars across the globe. But in all this time, there has been no confrontation of troops. NATO forces on the ground or in the air would change that.

Any advocate for escalation to direct military conflict with Russia must be willing to accept the risks, including how the conflict will escalate. Throughout the Cold War, game theory was deployed in the analysis of the strategic situation. Game theoretic analysis, however, requires sufficient information to make probabilistic assessments of the likelihood of different outcomes.

While in the Cold War, both sides were usually able to successfully signal their intentions and predict how the other side would respond, the war in Ukraine is different. It is characterized by "ambiguity"—an inability for each side to make any kind of sharp likelihood assessment. Crossing the tactical nuclear threshold would change the already-unprecedented level of ambiguity present for each side in assessing the behavior of the other.

The Cold War did not lead to nuclear Armageddon largely because the two sides developed ways of communicating intentions and limits, thereby coordinating their behaviors and reducing ambiguity. This was possible because of formal exchanges such as treaties, strategic signaling and international norms of conduct. Coordination is fundamental to successful navigation of the threat of nuclear weapons. Putin's claim that sanctions are themselves an act of war has no resonance because no such common understanding of sanctions exists.

Strategic coordination is tricky business. One lesson from the Cuban missile crisis is the fragility of control. At several points, the world was saved only by accident from the presence of what Donald Rumsfeld as secretary of defense called "unknown unknowns." Decades after the crisis, it was revealed that tactical nuclear weapons were operational in Cuba, so that any U.S. invasion would have led to crossing the nuclear threshold. And it was only the heroic action of Soviet naval officer Vasili Arkhipovthat prevented a Russian submarine from launching a nuclear torpedo after a prolonged radio silence when confronted by U.S. Navy destroyers.

We are not suggesting a no-fly zone would directly produce an all-out nuclear exchange. However, it could unleash a sequence of escalation that ends so. Will Russia respond by attacking bases from which NATO planes are launched or try to interdict arms shipments on Polish soil? Will Putin conclude that the U.S. will escalate at each stage until regime change occurs in Russia? Will strategic nuclear weapons be used by either side? Once this norm in rules of engagement is broken, strategic ambiguities will multiply, and escalation that neither side wants may follow.

There are circumstances where NATO military intervention is appropriate: any Russian use of nuclear, chemical or biological weapons against civilian targets, for example. Such a step would itself violate norms of engagement and require an unprecedented response. Our judgment, however, is that actions such as a no-fly zone introduce a qualitative enhancement of the ambiguity associated with the U.S.-Russia conflict that can only further destabilize the situation, making what happens in response difficult and frightening to predict.

See UKRAINE on Next Page

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Awareness of teen dating violence

By VICTOR NASH M. SANTOS
SPECIAL TO THE SAIPAN TRIBUNE

Editor's Note: The following essay won first place in the middle school division of the Northern Marianas Coalition Against Domestic & Sexual Violence 2022 Know Your Worth Essay Competition.

Teen dating violence is said to be "too common" in many relationships throughout the world that has been affecting many people's lives, men and women. Roughly 1.5 million high school students suffer from their partners every year. It has been a very underreported problem and is prevalent in our community. Countless teenagers go through dating violence in relationships without even having a single clue they are experiencing it, and that's a huge problem. People are too blind by their reality of being loved to see the abuse their partner is putting on them. Experiencing this trauma at a young age will greatly affect their perspective on how they see love and have anxiety in future relationships. It can also alter one's thoughts, feelings, behaviors, and mental state. This major crime needs to be more acknowledged in our community, and that is the whole point of this month.

How can we help youths and teens suffering from dating abuse? I believe some people in our community are living in fear and continue to suffer from abuse in relationships. I don't blame them. The best thing we can do is show that our community is open to help them without being judgmental. If you ask me, I feel awareness is really salient in helping victims of domestic violence. Many people hide in fear and do not reach out for help. Little do they know, it's going to start breaking them down and hurt them physically, sexually, and mentally. The only way we can help teens with these issues is if they reach out to us. Another factor in helping teens is before children reach that stage where they start dating, they should be taught skills on how to manage a healthy relationship. Things like how to treat your significant other and how to communicate with them are some of the basic things teens should be taught.

All things considered, teen dating violence is not just a "February" thing, it should be something that should be talked about every day. We people should carry on with promoting awareness to help those who are in distress. They need our support. Imagine the people who survived domestic violence. These brave individuals may be out of the hands of their partners but they have to continue to live on with trauma and fear. Our duty is not to ignore these things; we have to raise awareness and support the survivors who have been through a difficult time. It's our turn to stand up, stand up and at least try and make a change. Let people hear our voices to make the world a better place.

Victor Nash M. Santos is a student of Mount Carmel School.

Healthy relationships begin with us

By LOVELEE B. JINGCO
SPECIAL TO THE SAIPAN TRIBUNE

Editor's Note: The following essay won second place in the middle school division of the Northern Marianas Coalition Against Domestic & Sexual Violence 2022 Know Your Worth Essay Competition.

Violence and abuse are prevalent in society, and, unfortunately, the CNMI is not an exception. Negative experiences in previous relationships can influence future and present relationships that people have with others. Many people who have seen or experienced violence throughout their lives, such as in their homes or past relationships, could repeat the cycle of violence and abuse with other relationships in their lives. Many teens also have a hard time communicating with each other, so that could lead to unhealthy relationships and eventually teen dating violence.

To help the youth and teens who are experiencing teen dating violence, parents should raise more awareness and educate their children about teen dating violence. They should be taught that violence and abuse are not acceptable in relationships. Parents could become great role models for their children by always demonstrating healthy relationships in front of their children. Parents should create a safe space where their children can communicate with them and ask for help when facing an abusive situation whether it is for themselves or for others. Teens will then learn the differences between healthy and unhealthy relationships. Trust and honesty are important aspects in connecting with victims of abuse and violence.

Schools play an important role in raising awareness about and helping those experiencing teen dating violence. Promoting safe school environments and starting programs addressing teen dating violence are some ways schools can play a role in addressing the issue. Students should be taught how to communicate with each other in a healthy way. They should be encouraged to speak out if they see someone they know behaving inappropriately against their romantic partner. It would be beneficial to start peer mentoring programs to help and guide teens who are experiencing teen dating violence. Getting assistance from people who have dealt with teen dating violence before is beneficial because they have experienced it themselves and have a better understanding of how teens might feel. They can provide sound advice based on their own experiences and knowledge to the teens who need help. Schools could also partner up with current school organizations to campaign against teen dating violence. This can help kids who are experiencing dating violence by raising awareness about the issue, teaching others how they can help, and giving assistance to those who need help.

Lovelee B. Jingco is a student of Dr. Rita H. Inos Jr./Sr. High School on Rota.

Winning essays in the NMCADSV Know Your Worth Essay Competition. The entries sought to answer the question: How common do you think violence or abuse is in relationships in the CNMI? Describe what you think needs to be done to help youth and teens experiencing violence or abuse in a relationship.

Masked love

By MYA DLG PANGELINAN
SPECIAL TO THE SAIPAN TRIBUNE

Editor's Note: The following essay won third place in the middle school division of the Northern Marianas Coalition Against Domestic & Sexual Violence 2022 Know Your Worth Essay Competition.

Here in the CNMI, I think that, although we do not see it often with our own eyes, hear it with our ears, or feel it physically, there is a tremendous amount of violence. Since we teens are young we are often blinded, and we believe the violence is love. We are not taught to see the difference between true pure love and what is fake and evil. We are sightless to what we think is love. We mistake it, we choose to believe it makes us feel happy, good, and reassuring, but we all know it does not. It is draining. Some may feel like they cannot speak up. We hide it. It eats at our mental health over and over, until eventually unfortunately some give up.

I believe we can help people who struggle to express how they feel. Elders who are close to the individual can try and offer a pep talk or anything of the sort. Mental health check in should be number one, because I feel as if it is the number one thing we lack to do. "I am okay," "I am fine" does not necessarily mean the individual is fine or okay. In today's world boys are stereotyped; they are painted to be this image that they do not have to be. They think it is a weak move to cry or to reach out for help but it is not. We need to reassure them that it is okay to not be okay. It is okay to cry and feel vulnerable for a moment but we all need the help and reassurance of getting back up again.

Things people tend to do when we report a situation like this is we deflect the problem. We are taught to believe that it is our fault instead of the other individual. This is why I think reassurance and trust is the main thing we need to see to feel supported. If we get the support and learn to make the right choices we can feel reassured to not feel ashamed and talk about the violence going on. Reporting violence to the police, parents, teachers or an elder that you can trust is something that can help resolve the problem you are in. The elders should just learn to support, be trustworthy and never deflect or make the individual's feelings feel invalid.

Support groups and therapy can help these young adults not feel alone and scared. Talking about situations like this more often can help the teens feel comfortable and open to share their experience or story. Everyone has a voice and it all can be heard; we just need to throw it out there with power, love and reassurance.

Mya DLG Pangelinan is a student of Mount Carmel School.

UKRAINE

From Page 8

To avoid further destabilization, Biden should make explicit how the U.S. will respond if Russia uses nuclear or chemical weapons. This will reduce ambiguity about the consequences of use for both sides and their allies. If Russia crosses the nuclear or chemical threshold against civilians despite the clear signals the U.S. will have sent, only then would the establishment of a no-fly zone and introduction of Patriot defense systems, which require American operators, or the deployment of troops to set humanitarian zones, be justified.

Each of these actions would signal that civilian targeting is unacceptable, but leave in place another red line—no attacks on missile sites or air bases in Russia—to help minimize additional uncertainty that could lead to the kind of devastating escalation where there are no winners.

Steven Durlauf is the Steans Professor in Educational Policy at the University of Chicago Harris School of Public Policy. Lawrence Blume is a distinguished professor of arts and sciences in economics at Cornell University.

CONGRESS

From Page 8

forces in direct conflict with a nuclear-armed Russia, potentially leading to a global catastrophe.

Reflecting that reaction, Zelenskyy said: "If this is too much to ask, we offer an alternative." He proceeded to prod the U.S. to provide a specific surface-to-air missile system, as well as aircraft Ukrainians can use to "protect our people, our freedom, our land, aircraft that can help Ukraine, help Europe. And you know they exist, and you have them, but they are here on earth, not in Ukraine—in the Ukrainian sky. They do not defend our people."

Since a NATO-enforced no-fly zone is deemed too risky, providing aircraft is a reasonable request, and it's likely that on a bipartisan basis Congress will push for it. Despite Biden's continuing to provide military assistance to Ukraine—including the additional $800 million he signed off on just hours after Zelenskyy's speech—he will face congressional pressure to do more.

"Right now, the destiny of our country is being decided, the destiny of our people, whether Ukrainians will be free, whether they will be able to preserve their democracy," Zelenskyy said to rapt Republicans and Democrats alike.

"Russia has attacked not just us, not just our land, not just our cities; it went on a brutal offensive against our values, basic human values. It threw tanks and planes against our freedom, against our right to live freely in our own country, choosing our own future against our desire for happiness, against our national dreams, just like the same dreams you have, you Americans, just like anyone else in the United States."

The passionate address, including the conclusion in English, met the moment. Now America must do the same.

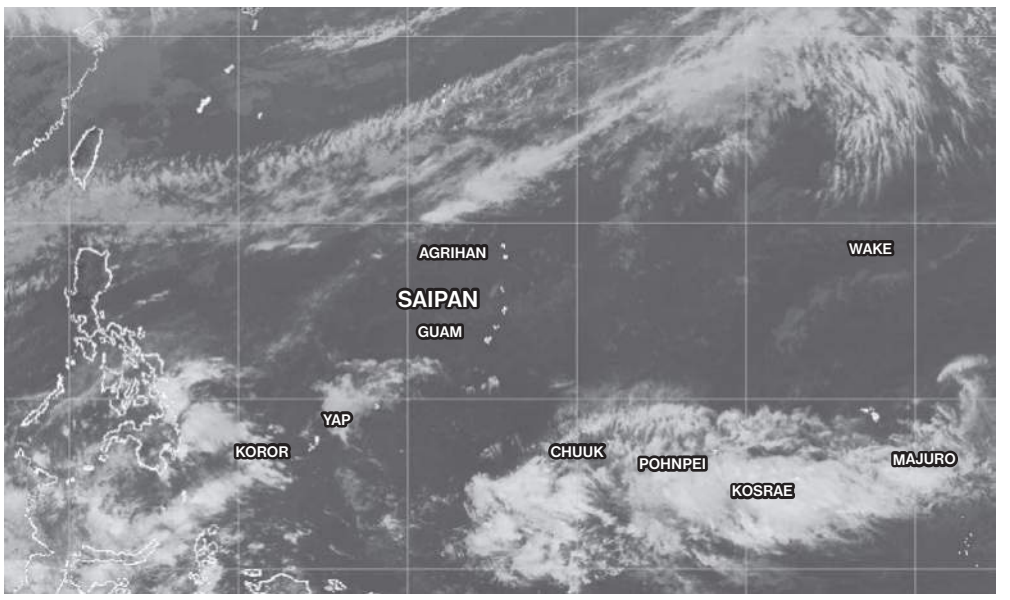
©2022 *Star Tribune*

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Partly cloudy with isolated showers. East winds 10 to 20 mph	Mostly cloudy becoming partly cloudy tuesday. Isolated showers. East to northeast winds 10 to 20 mph.	Mostly cloudy becoming partly cloudy tuesday. Isolated showers. East to northeast winds 10 to 20 mph..	Mostly cloudy becoming partly cloudy tuesday. Isolated showers. East to northeast winds 10 to 20 mph..	Mostly cloudy with isolated showers. Scattered showers for saipan and tinian.
87º / 76º	87º / 76	86º / 78º	85º / 76º	85º / 76º

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 6:36 AM, SUNDAY, MARCH 20, 2022

Western North Pacific between equator and 25N from 130E to 180.

Satellite shows a small batch of trade showers around Guam with fewer clouds across the CNMI. Scatterometer and surface observations indicate trade winds are still around 15 knots. Combined seas are 4 to 6 feet with nearly all the energy from trade swell and wind waves.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Isolated Thunderstorms	30 / 25 °F
Palau	Partly Cloud	30 / 26 °F
Yap	Partly Cloud	30 / 26 °F
Chuuk	Scattered Thunderstorms	29 / 26 °F
Pohnpei	Thunderstorms	30 / 26 °F
Kosrae	Thunderstorms	29 / 26 °F
Majuro	Thunderstorms	29 / 27 °F

DAY	SUNRISE	SUNSET
Today	06:20 AM	18:27 PM
Tuesday	06:20 AM	18:28 PM
Wednesday	06:19 AM	18:28 PM
Thursday	06:18 AM	18:28 PM
Friday	06:17 AM	18:28 PM

DAY	MOONRISE	MOONSET	MOONRISE
Tuesday	-	08:19 PM	21:14 PM
Tuesday	-	09:03 PM	22:14 PM
Wednesday	-	09:52 PM	23:16 PM
Thursday	-	10:46 PM	-
Friday	00:20	11:45 PM	-

AROUND THE GLOBE		▲ ▼ °F
Auckland	Thunderstorms	23 / 20 °F
Beijing	Thunderstorms	23 / 20 °F
Hong Kong	Mostly Cloudy	26 / 22 °F
Honolulu	Mostly Sunny	28 / 22 °F
London	Partly Cloud	16 / 7 °F
Los Angeles	Partly Cloud	25 / 13 °F
Manila	Partly Cloud	35 / 26 °F
Melbourne	Partly Cloud	27 / 16 °F
Miami	Mostly Sunny	25 / 22 °F
New York	Sunny	17 / 8 °F
Osaka	Rain	14 /7°F
Paris	Sunny	18 / 6 °F
Busan	Mostly Cloudy	12 / 7 °F
Rome	Mostly Sunny	16 / 2 °F
Salem	Mostly Sunny	23 / 12 °F
San Francisco	Partly Cloudy	19 / 10 °F
Seoul	Mostly Cloudy	10 / -1 °F
Tokyo	Mostly Cloudy	11 / 6 °F
Washington, DC	Sunny	22 / 7 °F

TIDES: SAIPAN HARBOR TODAY		FEET
03:36 AM	Low Tide	0.49
09:24 AM	High Tide	1.88
4:06 PM	Low Tide	0.13
10:17 PM	High Tide	1.80

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

■ Stay home as much as possible. Avoid unnecessary travel or public places.

■ Avoid social gatherings in groups of more than 10.

■ Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.

■ Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.

■ Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.

■ Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html

■ Ensure a 30-day supply of all medicines.

Continue good hand hygiene

■ Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

■ Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

■ Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:

• Choosing a room in your house that can be used to separate sick household members from others.

• Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

• Avoiding touching your eyes, nose, and mouth with unwashed hands.

• Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

CUSTOMER SERVICE For inquiries, purchase of back issues and complaints, call (670) 235-8747, 235-2440, fax 235-3740.

SUBSCRIPTION Published Monday to Friday, Saipan Tribune offers door-to-door on-island delivery at an annual rate of $234. For additional subscription information, call (670) 235-8747 or fax 235-3740.

ADVERTISING For inquiries contact (670) 235-8747 or 235-2440. E-mail: sales@saipantribune.com

FLIGHT SCHEDULE AS OF FEBRUARY 14, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	7:20am	8:05am	2, 4, 6
UA117	9:50am	10:35am	1, 3, 5, 7

GUAM-MANILA (MNL)

PR 111	6:30am	8:20am	1, 3, 5
UA183	8:00pm	9:50pm	Daily

SAIPAN-MANILA (MNL)

UA117/183	7:20am	9:50pm	2, 4, 6 via Guam
UA117/183	9:50am	9:50pm	1, 3, 5, 7 via Guam

SAIPAN-INCHEON (ICN)

7C3406	3:10PM	6:55PM	Every 4 days (Jan 29-Mar 30)
TW9308	3:30PM	7:20PM	4, 7
OZ6243	4:00PM	7:40PM	3, 6

SAIPAN-BUSAN (PUS)

BX621	3:10PM	6:30PM	7

ARRIVALS

GUAM (GUM)-SAIPAN

UA116	5:30am	6:16am	2, 4, 6
UA116	8:00am	8:46am	7
UA174	8:00am	8:46am	1, 3, 5

MANILA (MNL)-GUAM

PR110	10:15pm	4:00am+1	2, 4, 7
UA184	10:40pm	4:30am+1	2, 5
UA184	10:55pm	4:45am+1	1, 3, 4, 6, 7

MANILA (MNL)-SAIPAN

UA184/116	10:40pm	6:16am+1	5 via Guam
UA184/174	10:40pm	8:46am+1	2 via Guam
UA184/116	10:55pm	6:16am+1	1, 3 via Guam
UA184/174	10:55pm	8:46am+1	4, 7 via Guam
UA184/116	10:55pm	8:46am+1	6 via Guam

INCHEON (ICN)-SAIPAN

7C3405	8:30AM	2:10PM	Every 4 days (Jan 29-Mar 30)
TW9307	9:00AM	Q2:30PM	4, 7
OZ6233	9:00AM	2:30PM	3, 6

BUSAN (PUS)-SAIPAN

BX622	8:00AM	1:10PM	7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	8:30AM	9:00AM	Daily
1302	11:00AM	11:30AM	Daily
1303	1:30PM	2:00PM	Tues/Wed/ Thurs/Fri
1304	3:30PM	4:00PM	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	9:30AM	10:00AM	Daily
3102	12:00AM	12:30AM	Daily
3103	1:30PM	3:00PM	Tues/Wed/ Thurs/Fri
3104	4:30PM	5:00PM	Daily

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1205	11:00	11:15	Daily
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily
1212	17:00	17:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2105	11:30	11:45	Daily
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily
2112	18:30	18:45	Temporarily Unavailable

US Indo-Pacific Command chief visits the CNMI

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, visits the CNMI, Guam, and Palau to reaffirm regional commitments and advance cooperation and partnership to address regional challenges in support of a free and open Indo-Pacific. In the CNMI, he also visited Tinian to witness the groundbreaking ceremony for the U.S. Department of Defense's multimillion dollar divert airfield project.

Staff members at the CNMI Office of the Governor greet Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, left, prior to a meeting.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Local officials greet Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, right, and Fleet Master Chief James Honea, command senior enlisted leader at USINDOPACOM, upon landing on Tinian.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, and other senior officials pose for a photo during a groundbreaking ceremony for the Department of Defense's multimillion dollar divert airfield project.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, center, greets airport staff after landing on Tinian.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, right, speaks with Kimberlyn King-Hinds, chairperson of the Commonwealth Ports Authority board, during a groundbreaking ceremony for the Department of Defense's multimillion dollar divert airfield project on Tinian.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, center, speaks with service members during an orientation of Tinian Harbor.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, greets airport staff after landing on Tinian.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, and audience applaud during a groundbreaking ceremony for the Department of Defense's multimillion dollar divert airfield project on Tinian.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, center, greets service members during an orientation of Tinian Harbor.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, right, speaks with Tinian Mayor Edwin Aldan during the groundbreaking ceremony for the Department of Defense's multimillion dollar divert airfield project.

U.S. NAVY/MCS1 ANTHONY J. RIVERA

Adm. John C. Aquilino, commander of U.S. Indo-Pacific Command, left, and Maj. Gen. Mark Hashimoto, mobilization assistant at U.S. Indo-Pacific Command, transit a runway after landing on Saipan.

Business

Bird flu case forces killing of 5.3 million chickens in Iowa

AP

In this Oct. 21, 2015, file photo, cage-free chickens walk in a fenced pasture at an organic farm near Waukon, Iowa.

DES MOINES, Iowa (AP)—The confirmation of bird flu at another Iowa egg-laying farm will force the killing of more than 5 million chickens, state officials said Friday.

It's the second confirmed case of avian influenza in Buena Vista County, about 160 miles (257 kilometers) northwest of Des Moines, but the latest outbreak is at an operation with 5.3 million chickens. The earlier case was at a farm with about 50,000 turkeys.

The latest case confirmed by the state Department of Agriculture means nearly 12.6 million chicken and turkeys in at least eight states have been killed or will be destroyed soon.

Spread of the disease is largely blamed on the droppings or nasal discharge of infected wild birds, such as ducks and geese, which can contaminate dust and soil. Infected wild birds have been found in at least 24 states, and the virus has been circulating in migrating waterfowl in Europe and Asia for nearly a year.

The first Iowa case was identified on March 1 in a backyard flock of 42 ducks and geese in Pottawattamie County in western Iowa. Another egg-laying chicken farm with nearly 916,000 birds was reported with the virus on March 10 in Taylor County in southwest Iowa.

The Centers for Disease Control and Prevention said the cases in birds do not present an immediate public health concern. No human cases of the avian influenza virus have been detected in the United States. It remains safe to eat poultry products. Cooking of poultry and eggs to an internal temperature of 165 ˚F kills bacteria and viruses.

BUSINESS BRIEFS

Former Apple employee charged with defrauding $10 million

SAN JOSE, Calif. (AP)—A former Apple employee has been charged with defrauding the tech giant out of more than $10 million by taking kickbacks, stealing equipment and laundering money, federal prosecutors said. Dhirendra Prasad, 52, worked for 10 years as a buyer in Apple's Global Service Supply Chain department. A federal criminal case unsealed Friday alleges that he exploited his position to defraud the company in several schemes, including stealing parts and causing the company to pay for items and services it never received. A court has allowed the federal government to seize five real estate properties and financial accounts worth about $5 million from Prasad, and the government is seeking to keep those assets as proceeds of crime, the U.S. Attorney's office in San Jose said in a news release.

Drought-stricken California imposes new round of water cuts

SACRAMENTO, Calif. (AP)—California's urban water users and farmers who rely on supplies from state reservoirs will get less than planned this year as fears of a third consecutive dry year become reality, state officials announced Friday. Water agencies that serve 27 million people and 750,000 acres (303,514 hectares) of farmland, will get just 5% of what they've requested this year from state supplies beyond what's needed for critical activities such as drinking and bathing. That's down from the 15% allocation state officials had announced in January, after a wet December fueled hopes of a lessening drought. But a wet winter didn't materialize and unless several more inches of rain falls this month, the January-March period will be the driest start to a California year at least a century. That's when most of the state's rain and snow typically falls.

Baker Hughes joins oil rivals in pausing Russian operations

NEW YORK (AP)—Baker Hughes, a major U.S. oil services company, added its name Saturday to the growing list of U.S. companies that are pulling back from Russia in response to Moscow's war against Ukraine. Baker Hughes made its announcement one day after similar moves by oil rivals Halliburton Co. and Schlumberger. The steps from the Houston-based businesses come as they respond to U.S. sanctions over Russia's invasion of Ukraine. In its statement, Baker Hughes, which also has headquarters in London, said the company is suspending new investments for its Russia operation and is complying with applicable laws and sanctions as it fulfills current contractual obligations. It said the announcement follows an internal decision made with its board and shared with its top leadership team. "The crisis in Ukraine is of grave concern, and we strongly support a diplomatic solution," said Lorenzo Simonelli, chairman and CEO of Baker Hughes. Halliburton announced Friday that it suspended future business in Russia. Halliburton said it halted all shipments of specific sanctioned parts and products to Russia several weeks ago and that it will prioritize safety and reliability as it winds down its remaining operations in the country. Schlumberger said that it had suspended investment and technology deployment to its Russia operations.

Nation

At least one killed, 20 are hurt in Arkansas car show shooting

DUMAS, Ark. (AP)—At least one person was killed and 20 people wounded, including children, in a shooting outside a car show in southeast Arkansas on Saturday evening, local police said.

Keith Finch, chief of police in the town of Dumas, provided the increased number of casualties but said it wasn't immediately clear how many kids had been hurt.

One person was in custody, although there may have been multiple shooters, Finch told reporters.

State troopers were dispatched at around 7:25 p.m. to Dumas, located about 90 miles (144 kilometers) south of Little Rock, following a report of gunfire outside a local business where the car show was underway, Arkansas State Police spokesperson Bill Sadler said.

The car show is an annual community event held each spring to raise funds for scholarships and school supplies, according to the Delta Neighborhood Empowerment Youth Organization, which put on the event.

Wallace McGehee, the car show's lead organizer, expressed condolences to the victims' families and the community.

"For something like this to happen, it's a tragedy," McGehee told KATV at the scene. "We did this here for 16 years without a problem."

Additional information, including conditions of the wounded, wasn't immediately available.

Video shows cop kneeling on student's neck

KENOSHA, Wis. (AP) — School officials in Kenosha, Wisconsin, released surveillance footage that shows an off-duty police officer putting his knee on a 12-year-old girl's neck to restrain her amid a lunchtime fight.

The Kenosha Unified School District released redacted footage of the March 4 fight on Friday. It shows Kenosha officer Shawn Guetschow intervening in the fight and then scuffling with the girl, before falling to the ground and hitting his head on a table.

Guetschow, who was working as a security guard at the school, then pushes the girl's head into the ground and uses his knee on her neck for about half a minute before handcuffing her and walking her out of the cafeteria.

Jerrel Perez, the girl's father, has called for criminal charges against Guetschow for using a type of restraint that was banned for Wisconsin law enforcement officers last year. He said his daughter is in therapy and seeing a neurologist for her injuries.

The school district initially placed Guetschow on paid leave. He resigned from his part-time security job with the school on Tuesday, the Milwaukee Journal Sentinel reported.

In his resignation letter, Guetschow complained the school district has not supported him and that the incident has placed a heavy burden on his family.

The district told the newspaper it would not provide any additional details and did not respond to messages left by The Associated Press on Saturday. Kenosha police, in a statement, said Guetschow is still employed by the department.

"We continue our investigation, paying careful attention to the entire scope of the incident," the statement said. "We have no further update at this time."

ACROSS THE NATION

Man convicted of 7 dog torture-killings eligible for parole

RENO, Nev. (AP) — A man convicted of torturing, killing and dismembering seven dogs is eligible for possible release years earlier than originally believed, officials said. The Nevada Department of Corrections originally calculated that Jason Brown, 32, would not have a chance for parole until 2025 but now says that was legally incorrect under Nevada law because his crimes involved dogs, not people, the Reno Gazette Journal reported. "Animals are treated as personal property under Nevada law," department spokesman Bill Quenga said, adding that a designation of violence according to the law can only be made when the victim is human. Reclassifying Brown from a violent to a nonviolent offender meant that credits, such as good behavior in prison, are applied, causing Brown to become eligible for parole as of 2019, Quenga said.

Authorities: Virginia reporter among 2 killed in shooting

NORFOLK, Va. (AP) — A Virginia newspaper reporter was one of two people killed during a shooting early Saturday outside a restaurant and bar, authorities said. Sierra Jenkins, 25, who covered education for The Virginian-Pilot of Norfolk, died at Sentara Norfolk General Hospital after the shooting outside Chicho's Pizza Backstage, according to officials. Norfolk police detectives were investigating the shooting, which also resulted in injuries to three others. Jenkins was caught in the crossfire as she was leaving the bar, restaurant manager Rory Schindel told the newspaper. No arrests had been announced as of Saturday afternoon. Jenkins grew up in Norfolk and graduated from Georgia State University. She worked as an intern at Atlanta Magazine and CNN before joining The Pilot in December 2020.

5 injured after sheriff helicopter crash in national forest

AZUSA, Calif. (AP)—Five people were injured Saturday afternoon after a Los Angeles Sheriff's Department helicopter crashed in the Angeles National Forest near Azusa, the LA County Fire Department said. All five passengers were airlifted to Pomona Valley Medical Center, Sheriff Alex Villanueva told The Los Angeles Times. One of the passengers is in critical condition, two are in moderate condition and two others have minor injuries, he said. The crash occurred at 4:58 p.m. near the San Gabriel Reservoir, which is near Highway 39 and East Fork Road near Azusa. The Los Angeles Times reported that the green Air Rescue 5 helicopter was responding to a call for service in the area at the time of the crash. The San Dimas station received a call that a helicopter went down at 4:58 p.m., the sheriff's department said. The damaged aircraft is now lying on its side in Azusa Canyon near the San Gabriel Dam. Multiple emergency vehicles are at the scene.

Asia

China reports first COVID deaths in more than a year

AP
Health workers wearing protective suits collect COVID-19 test samples at a hotel used for people to stay during a period of health quarantine Sunday, March 20, 2022, in the Yanqing district of Beijing.

BEIJING (AP)—China's health authorities reported two COVID-19 deaths on Saturday, the first since January 2021, as the country battles its worst outbreak in two years driven by a surge in the highly transmissible omicron variant.

The deaths, both in northeastern China's Jilin province, bring the country's coronavirus death toll to 4,638.

Both fatalities occurred in elderly patients and were the result of their underlying conditions, Jiao Yahui, an official with the National Health Commission, told a news briefing on Saturday. One of them had not been vaccinated for COVID-19, she said.

Three-fourths of the new 2,157 community transmissions reported Saturday came from Jilin. The province has imposed a travel ban, with people needing permission from police to travel across borders.

Nationwide, China has reported more than 29,000 cases since the beginning of March, including those without symptoms.

While China has explored easing its pandemic response, it has pressed on with its tried-and-true policy of lockdowns and mass testing of millions of people as part of a successful, if burdensome, "zero-COVID" strategy since the initial outbreak in Wuhan in 2019.

The country has seen relatively few infections from the virus so far because clusters are tamped down as quickly as they're discovered. The strategy has received popular support and prevented the large numbers of deaths seen in other countries, many of which have started to forgo any kind of social distancing measures.

Faced with the worst surge since late 2019, officials have vowed to double down on the zero-tolerance strategy to contain multiple outbreaks across China. However, leader Xi Jinping acknowledged for the first time the burden of the measures on Thursday, saying that China should seek "maximum effect" with "minimum cost" in controlling the virus.

Hong Kong, which is facing its worst surge of the pandemic, recorded 16,583 new cases Saturday. The city's total coronavirus infections exceeded 1 million on Friday, and its number of deaths has already surpassed mainland China's.

Mainland China's COVID-19 data is counted separately from Hong Kong, a special administrative region.

Afghanistan world's unhappiest country

KABUL, Afghanistan (AP)—Afghanistan is the unhappiest country in the world—even before the Taliban swept to power last August. That's according to a so-called World Happiness report released ahead of the U.N.-designated International Day of Happiness on Sunday.

The annual report ranked Afghanistan as last among 149 countries surveyed, with a happiness rate of just 2.5. Lebanon was the world's second saddest country, with Botswana, Rwanda and Zimbabwe rounding out the bottom five. Finland ranked first for the fourth year running with a 7.8 score, followed by Denmark and Switzerland, with Iceland and the Netherlands also in the top five.

Researchers ranked the countries after analyzing data over three years. They looked at several categories, including gross domestic product per capita, social safety nets, life expectancy, freedom to make life choices, generosity of the population, and perceptions of internal and external corruption levels.

Afghanistan stacked up poorly in all six categories, a confounding result coming as it did before the Taliban arrival and despite 20 years of U.S. and international investment. The U.S. alone spent $145 billion on development in Afghanistan since 2002, according to reports by the U.S. special inspector general for Afghanistan.

Still, there were signs of increasing hopelessness.

Gallup did a polling in 2018 and found that few Afghans they surveyed had much hope for the future. In fact the majority said they had no hope for the future.

Years of runaway corruption, increased poverty, lack of jobs, a steady increase in people forced below the poverty line, and erratic development all combined into a crushing malaise, said analyst Nasratullah Haqpal. Most Afghans had high hopes after 2001, when the Taliban were ousted and the U.S.-led coalition declared victory,

"Unfortunately the only focus was on the war, the warlords and the corrupt politicians," said Haqpal.

"People just became poorer and poorer and more disappointed and more unhappy... that is why these 20 years of investment in Afghanistan collapsed in just 11 days," he said referring to the Taliban's lightning blitz through the country before sweeping into Kabul in mid August.

World

Mariupol siege involved war crimes—Zelenskyy

LVIV, Ukraine (AP)—Ukrainian President Volodymyr Zelenskyy said early Sunday the siege of the port city of Mariupol would go down in history for what he said were war crimes committed by Russian troops.

"To do this to a peaceful city, what the occupiers did, is a terror that will be remembered for centuries to come," Zelenskyy said in a video address to the nation.

Russian forces have pushed deeper into the besieged and battered city, where heavy fighting shut down a major steel plant and local authorities pleaded for more Western help.

In the capital, Kyiv, at least 20 babies carried by Ukrainian surrogate mothers are stuck in a makeshift bomb shelter, waiting for parents to travel into the war zone to pick them up. Some just days old, the babies are being cared for by nurses who cannot leave the shelter because of constant shelling by Russian troops who are trying to encircle the city.

The fall of Mariupol, the scene of some of the war's worst suffering, would mark a major battlefield advance for the Russians, who are largely bogged down outside major cities more than three weeks into the biggest land invasion in Europe since World War II.

"Children, elderly people are dying. The city is destroyed and it is wiped off the face of the earth," Mariupol police officer Michail Vershnin said from a rubble-strewn street in a video addressed to Western leaders that was authenticated by The Associated Press.

Details also began to emerge Saturday about a rocket attack that killed as many as 40 marines in the southern city of Mykolaiv the previous day, according to a Ukrainian military official who spoke to The New York Times.

Russian forces have already cut Mariupol off from the Sea of Azov, and its fall would link Crimea, which Russia annexed in 2014, to eastern territories controlled by Moscow-backed separatists. It would mark a rare advance in the face of fierce Ukrainian resistance that has dashed Russia's hopes for a quick victory and galvanized the West.

Ukrainian and Russian forces battled over the Azovstal steel plant in Mariupol, Vadym Denysenko, adviser to Ukraine's interior minister, said. "One of the largest metallurgical plants in Europe is actually being destroyed," Denysenko said in televised remarks.

The Mariupol city council claimed hours later that Russian soldiers had forcibly relocated several thousand city residents, mostly women and children, to Russia. It didn't say where, and AP could not immediately confirm the claim.

DEATH AND FUNERAL ANNOUNCEMENT

†Rufina Masga Manglona Arda

Also known as "Ruth"

Was born on July 10, 1951
Called to eternal life on March 14, 2022 at the age of 70 years old

She is predeceased by her:
Parents: †Jose Taisacan Manglona & †Bernadina Masga Manglona
Parents-in-law: †Isidro T. Sablan/†Rosa P. Sablan †Ramon A. Arda/†Antonia L. Arda
Brothers: †Gabriel M. Manglona; †Fedolin M. Manglona; †Crispin M. Manglona; †Marcelino M. Manglona
Sisters: †Carmen M. Manglona; †Lutmila M. Manglona; †Maria M. Manglona; †Paz M. Alba; †Margarita M. Manglona; †Rosa M. Borja; †Florida M. Dela Cruz
Brothers-in-law: †Romeo Alba; †Edward T. Dela Cruz; †Ignacio Yanneris; †Elias Borja
Sisters-in-law: †Natividad O. Manglona
Common-Law Husband: †Francisco P. Sablan

Her spirit and memories will live within the hearts of her family including her:
Husband: Norman L. Arda
Children: Ronald James M./Gina Tira Sablan and children
Melvin Michael M. Sablan / Mia Jones Franz and children
Frances Lynette S. / Doveline Andres and children
Julie Arleen M. Sablan and children
Frank Edward M. Sablan and son
Joseph Roy M. / Isalyn P.C. Sablan
Derrick M. / Doreen R. Sablan and children
Brian M. / Devin Rose Sablan and son

Step children: Franklin T. / Sandra B. Sablan and children
Rita T. Sablan

She will always be remembered by numerous aunties, cousins, nephews, nieces, godchildren, grandchildren and friends.

Nightly mass is being said at 6:00pm at St. Jude Parish, Kobler from March 14 until March 31, 2022.

On Tuesday, March 22, 2022, Mass of Christian Burial will begin at 10:00am at St. Jude Parish in Kobler.

Your presence, thoughts and prayers are deeply appreciated. Thank you.

Norman L. Arda and Family

Health & Wellness

This advertorial is sponsored by Tan Holdings HEALTH IS WEALTH Tan Siu Lin Foundation

By TOM AVRIL
THE PHILADELPHIA INQUIRER

Even one drink a day may shrink your brain, study suggests

FREEPIK
People who drank the equivalent of just one daily glass of wine were found to have slightly smaller brains, on average, than nondrinkers.

PHILADELPHIA—Drinking alcohol in moderation is generally defined as having one drink a day for women, two for men. But even those modest-sounding amounts may have negative impacts on the brain, a new study led by University of Pennsylvania researchers suggests.

People who drank the equivalent of just one daily glass of wine—or one can of a higher-potency beer such as India pale ale—were found to have slightly smaller brains, on average, than nondrinkers.

The apparent effect from one daily drink was equivalent to two additional years of brain aging for a typical 50-year-old, the authors determined by analyzing MRI scans of more than 36,000 middle-aged people. And the connection grew sharper with more alcohol: On average, the brains of those who consumed two daily drinks looked 10 years older than those of nondrinkers.

The researchers could not say for sure that moderate alcohol use caused brain shrinkage, as the scans represented a snapshot in time, among other limitations in the study.

Yet the findings were concerning enough that several of the authors have cut back on their own alcohol consumption, said Reagan Wetherill, one of the study leaders. A research assistant professor of psychiatry at Penn's Perelman School of Medicine, she said she already limited herself to an occasional glass on weekends, and plans to continue.

"We're told that moderate or low levels of alcohol are safe," she said. "But we saw that there was a global basic effect on brain volume even at one drink."

Study participants who reported consuming at least one daily drink also exhibited reduced "integrity" in the white matter that insulates brain cells, the authors reported in Nature Communications.

"It's basically like having a wire that's a little frayed," Wetherill said.

The people in the study were drawn from the UK Biobank, a powerful database of health information that has been mined for thousands of studies worldwide. Recently, the database was used to identify reduced brain volume in people who have recovered from COVID-19, though it is not yet clear whether those changes are meaningful or long-lasting.

As for the alcohol study, one compelling aspect is that it included the whole spectrum of drinking, authors said. Most previous brain-imaging studies have not included moderate drinkers, instead comparing the brains of heavy drinkers with those who consume little to no alcohol.

And the large study size enabled the team to detect subtle signals that might otherwise have been lost in the statistical noise of a smaller sample, said Wharton School researcher Gideon Nave, another of the team leaders.

"The data are very clear that there is a reduction," he said.

Two experts not involved in the study cautioned that the differences in the brain volume identified in moderate drinkers might not translate to a noticeable difference in brain function. Additional study with cognitive evaluations would be useful, said Anya Topiwala, a senior clinical researcher in psychiatry at the University of Oxford, in England.

Another limitation: The study relied upon the participants' self-reported alcohol use in the previous year, said Catherine Fortier, a psychologist at the VA Boston Healthcare System and an assistant professor at Harvard Medical School. A validated assessment of lifetime alcohol consumption would make the findings stronger, she said.

Still, the detection of smaller brain volumes in people who had just one drink a day was "remarkable," Fortier said.

Some smaller studies have suggested that one drink a day might have a beneficial effect on the brain. But Topiwala's own research and the new Penn study both indicate otherwise, she said.

Likewise, don't place too much stock in those studies suggesting that a daily glass of wine is associated with better cardiovascular health. Researchers have been unable to prove that wine deserves the credit, according to the American Heart Association.

If anything, the reverse might be true. Chronic alcohol use has been linked to an increase in blood pressure, along with an increased risk of certain cancers.

In the new brain study, the apparent effect of alcohol use held true regardless of other factors that are known to play a role in brain size, such as age, smoking, and socioeconomic status.

A drink was defined as two "units"—20 milliliters—of pure alcohol, the amount in a typical glass of wine, though the exact amount varies with how strong the wine is.

There is even more variability in beer. Look at the fine print on the label to find the percent alcohol by volume, sometimes abbreviated ABV.

A typical lager beer is 4.5% alcohol. A 12-ounce can works out to a bit less than two units of alcohol (one "drink").

Many India pale ales and other craft beers, on the other hand, measure at least 6.5% alcohol, so a 12-ounce bottle or can contains a bit more than two units of alcohol. Just one can of IPA, in other words, is associated with the brain changes identified in the study.

And differences in brain scans were even more pronounced at three units of alcohol—the equivalent of a draft pint (16 ounces of higher-potency beer).

Nave, an assistant professor at Wharton who specializes in computational neuroscience, is well aware that it all seems like a bit of a downer, given that light to moderate drinking is tolerated, even encouraged, in social settings.

"We put the information out there, and people should know what is the right amount for them," he said. "Know what's the potential downside and make a decision."

But as for himself? Like several of his coauthors, he's erring on the side of caution:

"I think I drink a bit less."

Mayo Clinic Q&A: Relief for dry eyes

By CYNTHIA WEISS
MAYO CLINIC NEWS NETWORK

DEAR MAYO CLINIC: Since the beginning of winter, my eyes feel dry and scratchy. I can no longer wear contacts because my eyes burn and sting, and are watery. How can my eyes be dry and watery at the same time, and what can be done to fix this?

DREAMSTIME/TNS
There's no magic wand to make dry eye disease instantly better.

ANSWER: It is common to have dry and watery eyes at the same time. Watery eyes is the No. 1 complaint of those with dry eyes. That's because when your eyes get dry enough, they act as if there is something in them and try to flush it out. And this leads to watery eyes.

People with dry eyes produce poor-quality tears, not enough tears or both. This leads to chronic inflammation of the eye surface and a stinging or burning sensation. You also could have eye redness, difficulty wearing contact lenses, blurred vision, sensitivity to light or eye fatigue. Winter can be especially challenging with dry air and forced-air heaters in vehicles or other enclosed environments.

There are many causes of dry eyes, and some people have a greater risk of developing dry eyes. People who have acne rosacea; diabetes; thyroid disease; autoimmune diseases; and inflammatory diseases that include rheumatoid arthritis, lupus and Sjogren's syndrome are more likely to develop dry eyes.

The development of dry eyes can be affected by the overall health of your eyes. Irregular eyelid margins, eyelash mites and some eye diseases can contribute to dry eye disease. Wearing contacts for a long time, or a poor blinking rate or incomplete blinking, which often occurs when using digital devices, also can lead to dry eyes.

Environmental factors, like secondhand smoke, low seasonal air quality or polluted air, can cause eye irritation and be problematic. Your diet also can affect your eyes. Diets high in omega-6 fatty acids and low in omega-3 fatty acids can cause inflammation, a key component to dry eye disease. A heart-smart diet high in vitamin D, such as the Mediterranean diet, is an eye-smart diet.

Taking some medications, like antihistamines, antidepressants and birth control pills, can increase the likelihood of dry eyes. Preservatives in medicated eyedrops used chronically, including glaucoma drops and over-the-counter artificial tears, also can worsen dry eye symptoms. Avoid drops that claim to get the red out. These can lead to rebound red eyes, which cause eyes to be even redder and more irritated than before.

Finally, dry eyes are more common as you get older. Normal aging changes your eyes, and they don't function as well as when you're younger. Dry eyes also can be caused by changes in hormone levels associated with age, menopause, pregnancy or birth control pills.

So what can you do if you have dry, yet watery eyes? The first step is to visit your eye doctor and discuss your symptoms. Many people fail to mention these issues because they don't see them as important. Your doctor will work to evaluate your symptoms, and the quality and quantity of your tears.

Once an evaluation is complete, your doctor will design a treatment plan to improve the environment for your eyes and your dry eye disease. This could include using supplements, hot compresses or prescription drops; improving your diet; and controlling your environment with a humidifier.

Unfortunately, there's no magic wand to make dry eye disease instantly better. Your dry eye disease didn't occur overnight. It took many months or years to develop, and it's not going to go away immediately. However, if you follow a treatment plan, and you learn and use new habits, your dry eye disease can improve.

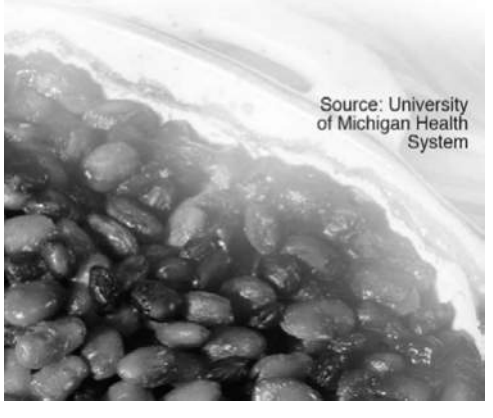
Healthy Living

Calcium

Calcium, the body's most abundant mineral, is essential for healthy bones, teeth, nervous system, muscles and blood clotting.

Where to find it

• In additional to dairy and soy products, beans, dark greens, sardines, corn tortillas, calcium-fortified foods are good sources



Source: University of Michigan Health System

Life & Style

Super-valued: Special copy of Marvel Comics #1 fetches $2.4M

NEW YORK (AP)—A particularly prized copy of the first-ever Marvel comic book fetched more than $2.4 million in an online auction, the auctioneer said Friday.

Known as the Marvel Comics #1 "pay copy," it's "arguably one of the top three comic books in the world of comics collecting," said Vincent Zurzolo, chief operating officer of ComicConnect. The New York-based auctioneer sold the book Thursday night for a bit under $2,427,800.

The buyer's name has not been disclosed. He is "an extremely passionate comic book collector and investor" who also collects other items, Zurzolo said.

Published in 1939, Marvel Comics #1 introduced characters including Sub-Mariner and the original Human Torch, a precursor of the character of the same name that was later a member of Marvel's Fantastic Four. The book launched what became the Marvel universe of comics, movies, TV shows and video games.

The very well-preserved "pay copy" is especially sought-after because it bears the publisher's handwritten notes recording how much the multiple writers and artists were paid. For example, Frank R. Paul earned $25 for drawing the cover of a book now worth nearly 100,000 times as much.

"It's an incredibly important look into the world and behind the scenes of the creation" of a comics powerhouse, Zurzolo said.

The Marvel universe would eventually include such characters as Spider-Man, the Fantastic Four, X-Men, the Avengers, Iron Man, Daredevil and the Hulk, often known on-screen as the Incredible Hulk.

"Without this comic book being made, who knows? Maybe none of that happens," Zurzolo said. "Maybe the name 'Marvel Comics' resonated so much with people, in some way, that that's what helped to birth all these other things."

AP

Stephen Fishler, co-owner and CEO of ComicConnect.com, poses for a photo holding up a copy of Marvel Comics #1, Friday, March 18, 2022, in New York.

Rubens' 'Portrait of a Lady' sells for $3.4 million

WARSAW, Poland (AP)—Peter Paul Rubens' 17th century masterpiece "Portrait of a Lady" has sold for the equivalent of $3.4 million at a Warsaw auction, becoming the most expensive artwork ever bought on the Polish art market, the auction house said.

The painting sold for 14.4 million zlotys, auction fee included, at an Old Masters auction Thursday night at the Desa Unicum.

It was the first painting by Rubens ever to appear on the Polish market. It was put on sale by a British citizen.

Prior to the auction, the value of the Flemish master's oil-on-canvas portrait of a dark-haired woman in a rich black velvet dress had been estimated at between 18 million and 24 million zlotys ($4.5 million-$6 million).

Experts say the work, painted by Rubens around 1620-25, with involvement from his Antwerp workshop, could be a likeness of the painter's first wife, Isabella Brant, or of a member of the Duarte family of jewelers, who were Rubens' neighbors. The model could also possibly have come from the Spanish royal court.

In the past the painting has belonged, among others, to 17th-century British painter Sir Peter Lely. It was last shown in public in 1965.

(AP PHOTO/CZAREK SOKOLOWSKI/FILE)

February 17, 2022, Peter Paul Rubens' 17th century masterpiece "Portrait of a Lady" which sold for 14.4 million zlotys ($3.4 million) at an Old Masters auction at Desa Unicum in Warsaw, Poland on Thursday, March 17,2022, becoming the most expensive artwork ever bought on the Polish art market.

Pete Davidson skipping ride to space on Jeff Bezos rocket

NEW YORK (AP)—Pete Davidson has bowed out of a short ride to space on a Jeff Bezos rocket.

The "Saturday Night Live" star is no longer able to make the flight, which has been delayed for nearly a week, Bezos' space travel company said Thursday night. No other details were provided.

The company announced earlier this week that Davidson would be one of six passengers on Blue Origin's next flight. It had been scheduled for next Wednesday, but has now been shifted to March 29 for more testing, the company said.

Davidson would have been the third celebrity to climb aboard a Blue Origin automated capsule for the 10-minute flight from West Texas. Actor William Shatner and former NFL great and "Good Morning America" co-host Michael Strahan took a flight last year. Bezos was on his company's first flight with passengers last July.

The company said it will announce Davidson's replacement to join the five paying passengers in the coming days. Davidson was going as Bezos' guest. The company has not disclosed the ticket price for paying customers.

Davidson, who is currently dating reality star Kim Kardashian, wrote and starred in the semi-autobiographical film "The King of Staten Island," which was released in 2020.

Ecstasy and uncertainty highlight affair at work

DEAR ABBY: I've been in a relationship with a man I met at work. It took me six months to decide to be intimate with him, and it will be a year next month. Things are going great. The only issue is, he has a wife and kids. (The children are about my age.)

I am young, beautiful and I know I deserve more. But I'm falling in love with this man, and I can't resist our passionate sex life. He's done things with me I've never experienced before. We see each other often, and I enjoy his company.

This is the first time I have ever been a "side piece," and it bothers me that the time we spend together is limited and I can only call within certain hours. I know he likes me, but my feelings for him are way stronger.

How do I resist my yearning to want to be around him or just talk on the phone? Should I change jobs to have a new beginning, or consider a relationship with someone who doesn't have to be a secret? How can I end this when, with every fiber of my being, I want to stay?

MISTRESS IN MASSACHUSETTS

DEAR MISTRESS: This affair is going nowhere, so sharpen your survival instincts. Wake up and realize it could go on until he decides to trade you in for a younger, fresher "side piece" he can impress with his prowess. I'm willing to bet you are not his first, nor will you be the last.

Quitting this person will not be entirely painless, but do it cold turkey anyway. You already know how. And if you're feeling generous when you wave goodbye, thank him for the many valuable lessons he's taught you, because you intend to share them with younger, stronger, single men. Believe me, there are plenty out there.

■■■■

DEAR ABBY: I am pregnant with my second child. My first child is a girl and so is the baby I am expecting. A few months ago, my husband's cousin gave birth to a girl. The baby had a heart defect that unfortunately could not be repaired. She died four days after birth. My heart was broken for not only this baby girl but also her parents. I cannot fathom what it would be like to lose my child.

While I have shared my good news with close family, I have not shared it on social media out of respect for my husband's cousin. I'm torn because this is a happy time in my life and I would love to share my news, but I worry it would be insensitive. I have confided my concerns to a few friends. They are divided about how I should proceed, so I am hoping you can offer guidance.

FEELING HER LOSS IN NEW YORK

AR FEELING HER LOSS: Sooner or later, your husband's cousin and her husband are going to learn about your pregnancy, if they don't already know. The kind thing to do would be to let them hear about it directly from you rather than via a post on social media. After you have spoken with them, you can then share the happy news of the impending arrival for all of your friends to see.

DEAR ABBY

By Abigail Van Buren
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

Calvin and Hobbes

By Bill Waterson

SMASH
PING PING PING
KRITCH KRUNCH
HE'S A TRICKY DEVIL, BUT I'LL GET HIM SOONER OR LATER!
APPARENTLY I RATE JUST BELOW BUGS WITH HER!
AND SHE COMPLAINS YOU DONT HELP OUT AROUND THE HOUSE.

Garfield®

By Jim Davis

Adam@home

By Bryan Basset

The Duplex

By Glenn McCoy

CROSSWORD

By Eugene Sheffer

ACROSS

1 Mighty trees
5 Corn core
8 Incite
12 DLI doubled
13 Swiss canton
14 Entice
15 Throat clearer
16 Pekoe in an infuser
18 Mutiny
20 Legendary sailor
21 Subject, usually
23 Sch. URL ender
24 Grove planting
28 Sacred chests
31 Hosp. section
32 Spanish snacks
34 Poseidon's home
35 Actress Harper
37 Game that uses infrared light
39 Carrier to Amsterdam
41 Old Italian money
42 Episodic TV show
45 Salsa scoopers
49 Prepping period
51 Galley supply
52 Prado display
53 Lean- — (sheds)
54 "— a Song Go Out of My Heart"
55 Employer
56 "Mayday!"
57 Some July babies

DOWN

1 Actor Epps
2 Rue the run
3 Chicken —
4 Jazz singer Nina
5 Type of attaché
6 Spanish gold
7 Life stories
8 Jackson of "A Touch of Class"
9 Tirade
10 Vicinity
11 Out of play
17 "Sprechen — Deutsch?"
19 Politico Trent
22 Kathmandu's land
24 Set afire
25 "Rocks"
26 Marsh rodents
27 Facility
29 Mauna —
30 Droop
33 Antitoxins
36 Trombone parts
38 Shrink in fear
40 Convened
42 Thick chunk
43 Architect Saarinen
44 Poses
46 Robust
47 Disc-shaped cookie
48 Swift jets
50 Cattle call

Solution time: 21 mins.

■	H	A	▪	▪	I	■	L	O	R	N	A	■
B	O	I	L	E	D	■	A	T	H	E	N	A
L	O	R	E	N	A	■	S	T	O	W	E	D
A	P	B	■	D	R	A	C	O	■	C	M	A
S	L	A	B	■	E	V	A	■	P	A	I	R
S	A	G	A	N	■	A	L	S	O	R	A	N
■	■	■	L	E	A	■	A	I	L	■	■	■
C	A	R	M	E	L	A	■	B	E	T	A	S
C	T	I	S	■	B	L	▪	■	S	I	K	H
S	T	A	■	C	A	B	O	T	■	N	I	E
M	I	L	▪	O	N	■	P	I	C	K	M	E
C	C	T	O	P	I	■	I	N	D	E	B	T
■	S	O	N	Y	A	■	C	A	I	R	O	■

Last Friday's Answer 03/21

1	2	3	4	■	5	6	7	■	8	9	10	11
12				■	13			■	14			
15				■	16			17				
18				19		■	20					
■	■	■	21			22	■	23			■	■
24	25	26					27	■	28		29	30
31			■	32				33	■	34		
35			36	■	37				38			
■	■	39		40	■	41				■	■	■
42	43				44	■	45			46	47	48
49						50		■	51			
52				■	53				54			
55				■	56				57			

STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Jace Norman, 22; Matthew Broderick, 60; Rosie O'Donnell, 60; Gary Oldman, 64.

Happy Birthday: Pay attention to detail. Be the driving force behind the changes you want to incorporate into your life this year. Refuse to let your emotions decide your fate when common sense and a practical approach to situations will gain approval and lead to a better outcome. Keeping your finger on the pulse will result in opportunity and freedom. Your numbers are 8, 13, 21, 25, 33, 39, 48.

ARIES *(March 21-April 19):* Keep an open mind, but don't turn into a follower. Continue to be the pioneer, the one who trusts and believes that you can handle whatever comes your way. Challenge yourself, and you'll surpass your expectations. ✪✪✪

TAURUS *(April 20-May 20):* Mistakes are likely if you make a change under emotional circumstances. Consider the consequences, and put your energy into taking care of your responsibilities. A clean slate will help you get a clear picture of what's possible. Avoid vulnerability. ✪✪✪

GEMINI *(May 21-June 20):* Take note of what's happening around you. Don't make decisions based on assumptions. Be aware of people offering a sugarcoated scenario. Look inward and consider what you can do to improve your life, position and physical well-being. Keep the peace. ✪✪✪

CANCER *(June 21-July 22):* Avoid unnecessary expenditures and impulsive acts. Put more into fine-tuning what you are trying to achieve. Go with the flow, and use your intelligence to get what you want. A partnership will offer more than anticipated. Offer time and services, not cash. ✪✪✪✪✪

LEO *(July 23-Aug. 22):* Ask questions if you feel uncertain or confused. An emotional situation will lead to a wrong decision. Bide your time, and put your energy into educational pursuits, personal growth and doing what will bring the highest return. ✪✪

VIRGO *(Aug. 23-Sept. 22):* It's up to you to bring about change if you aren't happy with the way things are going. Don't wait around for someone to outmaneuver you. Follow your intuition, and surround yourself with people who are consistent and share your ambitions. ✪✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Safeguard your cash, and refuse to make a move based on what someone else does. A healthy routine that will keep you fit and give you the strength and confidence to do the things that bring you joy is encouraged. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Follow the path that intrigues you, not the one everyone else takes. Don't let old ways hold you back when you want to experience what life has to offer. Incorporate your ideas and desires into your everyday routine, and happiness will prevail. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Ask an expert for advice, not someone trying to take advantage of you. A false lead can set you back financially if you don't research before getting involved in a scheme. Avoid over-the-top individuals. ✪✪✪

CAPRICORN *(Dec. 22-Jan. 19):* Put your money to work for you. Invest in something that will help you advance. An opportunity to use your skills uniquely will pay off. A change at home or work will tax a meaningful relationship. Nurture what's important. ✪✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Keep your thoughts and intentions to yourself. Don't let a change someone makes alter your plans. Listen attentively, and you will find out valuable information. Avoid situations that are a risk to your health or emotional well-being. ✪✪

PISCES *(Feb. 19-March 20):* Your position is better than you think. Keep a poker face, and you'll tap-dance your way to a better future. Reach out to someone who owes you or has skills you can use to your advantage. Pay attention to investments. ✪✪✪✪✪

Birthday Baby: You are sensitive, kind and helpful. You are energetic and impulsive.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

COPYRIGHT 2007 UNIVERSAL PRESS SYNDICATE

SUDOKU

Conceptis Sudoku *By Dave Green*

	9			4	6	2		
						8		3
2	1		5	8	7			
1		5				4		
9		2		1		6		8
		4				5		7
			6	3	8		4	9
3		7						
		9	7	2			8	

Difficulty Level ★ 3/21

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

6	8	5	9	1	3	2	7	4
1	9	7	6	2	4	5	8	3
3	2	4	8	7	5	6	1	9
4	6	3	2	5	8	1	9	7
5	1	2	4	9	7	8	3	6
9	7	8	1	3	6	4	5	2
2	5	1	7	4	9	3	6	8
7	4	6	3	8	1	9	2	5
8	3	9	5	6	2	7	4	1

Difficulty Level ★★★★

©2012 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

PERFUME BRANDS **Solution: 8 letters**

F	M	S	E	U	Q	C	A	J	I	M	M	Y	A	Y
R	E	O	B	O	T	T	E	G	A	A	M	R	E	R
Y	E	R	S	E	N	A	G	B	R	R	U	E	C	R
H	M	I	R	C	N	I	U	C	C	A	G	I	A	E
P	R	C	C	A	H	L	A	I	L	L	L	T	S	B
O	E	M	A	R	G	I	E	L	A	P	E	A	R	R
S	H	V	C	A	E	A	N	R	R	H	R	W	E	U
O	T	R	R	A	O	M	M	O	I	E	E	D	V	B
L	O	I	C	O	R	A	E	O	N	S	U	L	N	H
I	I	C	H	D	N	T	S	Y	S	A	A	G	V	A
H	B	C	A	I	C	H	I	V	L	C	E	I	E	L
P	I	I	N	O	Y	S	L	E	O	O	O	C	N	S
R	Y	N	E	R	U	A	L	S	R	A	L	C	E	T
Y	G	O	L	O	A	E	T	U	C	C	H	U	T	O
E	L	L	I	A	C	E	T	N	A	H	C	G	A	N

© 2022 Andrews McMeel Syndication www.wonderword.com 3/21

Armani, Biotherm, Bottega, Bulgari, Burberry, Cartier, Chanel, Chantecaille, Chloé, Choo, Clarins, Coach, Cute, Dior, Ferragamo, Gucci, Guerlain, Halston, Jacques, Jean, Jimmy, Lacoste, Lauder, Laura, Lauren, Lise, Marc, Margiela, Mercier, Moschino, Mugler, Philosophy, Ralph, Ricci, Rich, Saint, Secret, Teaology, Veneta, Versace, Watier, YSL, Yves

Last Friday's Answer: Television

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

LeBron James passes Karl Malone for 2nd all-time in scoring

WASHINGTON (AP)—LeBron James moved into second place on the NBA's career scoring list Saturday night, surpassing Karl Malone in the second quarter of the Los Angeles Lakers' game at Washington.

James now trails only Kareem Abdul-Jabbar for the lead. He entered the game 19 points behind Malone's total of 36,928. After a six-point first quarter, James went on a scoring binge in the second that included a dunk and three 3-pointers.

The last of those 3s brought him even with Malone. Then he made a layup off a backdoor cut with 5:20 left in the quarter to move ahead.

Moments later, as Washington's Tomas Satoransky prepared to shoot free throws, James' accomplishment was put up on the video screen, and the crowd in Washington gave him a standing ovation. James acknowledged the cheers with a wave of his hand and exchanged a hug with Washington's Kentavious Caldwell-Pope, a former teammate.

James then checked out of the game and received congratulations from teammates on the sideline.

AP

Los Angeles Lakers LeBron James scores as Washington Wizards' Kentavious Caldwell-Pope (1) defends during the first half of an NBA basketball game, Saturday, March 19, 2022, in Washington.

Abdul-Jabbar scored 38,387 points in his career. James has a chance to break that record next season if he's healthy enough.

James passed Malone in the same building where Alex Ovechkin of the Washington Capitals moved past Jaromir Jagr and into third place on the NHL's career list in goals earlier in the week.

Timberwolves 139, Bucks 119

In Minneapolis, Karl-Anthony Towns had 25 points and 11 rebound and Minnesota beat Milwaukee, with the Bucks missing Giannis Antetokounmpo because of soreness in his right knee.

Anthony Edwards also scored 25 points for Minnesota in a matchup that turned testy early. Timberwolves guard Patrick Beverley and Milwaukee's George Hill were ejected after a first-quarter skirmish.

Minnesota won for the 10th time in 11 games. The Timberwolves shot 22 of 47 from 3, going 9 of 14 in the third. Khris Middleton scored 15 points for Milwaukee.

Hornets 129, Mavericks 108

In Charlotte, N.C., Miles Bridges scored 23 points, P.J. Washington added a season-high 21 and Charlotte routed road-weary Dallas for its fourth straight victory.

Terry Rozier scored 18 points, and LaMelo Ball and Kelly Oubre each had 17 points for the Hornets. They shot 20 of 42 from 3-point range.

Luka Doncic had 37 points and eight 3s for the Mavericks. They were playing their fifth road game in eight nights and on the second night of a back-to-back.

Cavaliers 113, Pistons 109

In Cleveland, All-Star point guard Darius Garland had 24 points and 12 assists and Cleveland beat Detroit.

The Cavaliers reached 41 victories, guaranteeing their first non-losing season in four years.

Jerami Grant scored 27 of his season-high 40 points in the first half for Detroit.

Scoring spree: 50-point games are the rage in NBA right now

By TIM REYNOLDS
AP BASKETBALL WRITER

Turns out, March has more madness than just college basketball.

The NBA is getting a taste as well.

Kyrie Irving's 60-point barrage at Orlando on Tuesday night was the seventh 50-point effort in the league so far this month — with half of March remaining. His career-best performance came one night after Minnesota's Karl-Anthony Towns also scored a career-high 60, a number nobody in the league had reached this season until this week.

Even Kevin Durant — one of the most elite scorers ever, someone who had 53 in Brooklyn's win over New York on Sunday — is marveling at what's happening right now.

"Sixty, the night after Karl Towns had an incredible performance and then to have Kyrie do it the next night, the league is an amazing place right now," Durant said. "You're seeing a lot of talent and skill being displayed, on display, every night. And this was one of the elite ones."

All of March has been a showcase for the elite ones.

March's seven 50-point games have come in a span of 11 days. LeBron James started it on March 5 by scoring 56 for the Los Angeles Lakers against Golden State. Jayson Tatum had 54 points for Boston one day later against Brooklyn.

With that, the madness was off and running. Irving had 50 on March 8 at Charlotte. James had 50 again on Friday against Washington. Durant had his 53 on Sunday, Towns answered that with 60 on Monday and Irving then had a 60-point night of his own.

"As you see across the league, guys are just putting up crazy numbers," Irving said.

It matches the highest number of 50-point games in the same calendar month in the NBA in the last 60 years. August 2020 also had seven 50-point efforts, four of those being playoff games at the restart bubble inside Walt Disney World. There were also seven such games in March 2019.

The last month with more 50-point games in the NBA was nearly six decades ago — all the way back to December 1962. There were nine of them that month, six by Wilt Chamberlain of the San Francisco Warriors, the other three by Elgin Baylor of the Lakers.

Chamberlain had eight all by himself that October. He made 50-point nights look ordinary in those days; the NBA had 19 of them in December 1961, 15 in January 1962 and 12 in February 1962.

They've been considerably more sporadic since. That is, until this week.

"I feel like any time I touch the ball, I'm unstoppable," Towns said after his big night.

These days, he's not the only one who seems to be that way.

"When you're a kid, scoring a bunch of points, it means something," Irving said. "But when you're in the best league in the world, doing it against the greatest athletes that are playing our game, it means a little bit more."

Defense challenges witness in Lorenzen Wright murder trial

MEMPHIS, Tenn. (AP)—A defense attorney for a man charged with fatally shooting former NBA player Lorenzen Wright attempted to poke holes Friday in the testimony of a convicted killer who said Wright's ex-wife gave him details about the slaying.

Jimmie Martin has provided key testimony in the trial of Billy Ray Turner, who has pleaded not guilty to charges including first-degree murder in the death of Wright, a Memphis native who played 13 seasons in the NBA before he retired after the 2008-2009 season.

Prosecutors allege Turner and Martin were asked by Lorenzen Wright's ex-wife, Sherra Wright, to kill him in Atlanta, then Memphis, in 2010. At the time, Martin was facing charges of killing his girlfriend. Martin was convicted and is currently serving prison time in that case. He has received immunity from prosecution in the Wright case.

Martin is Sherra Wright's cousin. Turner is a gardener who knew Sherra Wright from church and, according to prosecutors, had a secret romantic relationship with her.

Martin testified Thursday that Sherra Wright recruited him and Turner to kill Lorenzen Wright, whose decomposing body was found riddled with bullet wounds in a swampy field in east Memphis on July 28, 2010. The 34-year-old father of six had been missing for days before his body was discovered.

Wright's slaying is one of the most highly publicized murder cases in Memphis history.

Turner and Sherra Wright were indicted in 2017. She entered a surprise guilty plea to facilitation of murder in July 2019 and was sentenced to 30 years in prison.

Martin testified Thursday that he and Turner met with Sherra Wright to plan the killing and went to Lorenzen Wright's condominium in Atlanta to shoot him, with an understanding that he would get paid.

Armed with handguns, Turner and Martin went to the Atlanta condo, entered through a window and found someone sleeping on the couch in the living room — but it was not Lorenzen Wright, Martin testified. Turner and Martin returned home without killing anyone.

Back on the witness stand Friday, Martin told prosecutor Paul Hagerman that he was in Batesville, Mississippi, at the time of the July 19, 2010, shooting. Martin said he went to the field with Sherra Wright some days after the shooting, and she essentially confessed.

Sherra Wright said she lured her ex-husband to the field by telling him that she was going to meet someone there to get some money, Martin testified. According to Martin, she said that she and Turner chased Lorenzen Wright, who jumped a fence before they shot him in the field.

"How did you feel about that?" Hagerman said.

"Terrible," Martin replied.

Martin also said Turner and Wright got rid of evidence from the shooting scene and he went with Turner to dispose of the murder weapon by dumping it in a north Mississippi lake. Martin said he told detectives in 2012 where the gun was located. It was later found by FBI divers.

In his opening statement Tuesday, defense attorney John Keith Perry questioned Martin's credibility, saying the information he gave investigators was a farce and full of lies.

On cross-examination Friday, Perry challenged several aspects of the Martin's story, including details about meetings with Sherra Wright, his activities on the night of the shooting and conversations with Turner on the drive to Atlanta.

Perry questioned Martin about whether he actually entered Lorenzen Wright's condo with a gun or if Turner was the only one who went inside. Perry said Martin had previously told detectives in three interviews that he didn't have a gun and waited outside.

But Perry noted that Martin testified Thursday that he did go inside with Turner, with weapons drawn.

"Out of the three prior statements, you never said that, correct?" Perry asked Martin.

Martin hesitated, then said, "Yes sir."

A motive for the slaying was not clear, though Hagerman said in his opening statement that the killers were driven by jealousy and greed. Hagerman also mentioned $2 million, though it was not immediately clear what that meant.

MLB deal took 11 months of bargaining, most moves at end

NEW YORK (AP)—Rob Manfred had just made a 6 o'clock decision to cancel a second week of games, and MLB Deputy Commissioner Dan Halem was thinking the lockout could go on quite a while longer.

Then at 6:24 p.m. on March 9, a new proposal from union deputy general counsel Matt Nussbaum plopped into his inbox.

By the time Halem left the office that night, he recalled thinking: "I thought we had a chance to get it done."

After 11 months of bickering in bargaining, Major League Baseball's labor contract came together in just a few hours on March 10.

Talks had broken off over an international draft, but Halem's outlook changed in the short time between Manfred green-lighting the cancellation announcement and MLB's publication of the news release at 6:30 p.m.

Labor relations in baseball is a mix of banter and bluster, tenacity and tedium, revising and resisting.

In the end, there was not a single face-to-face meeting in the final 24 hours as the sides negotiated on the telephone and through email.

Manfred's cancellation decision came four hours after the last in-person session. MLB staff sent the union an edit of Nussbaum's email that night, and after some back-and-forth in the morning, players accepted.

Manfred convened a Zoom of the labor policy committee at 10:30 a.m. on March 10, and at noon Senior Vice President Patrick Houlihan emailed to chief negotiator Bruce Meyer, general counsel Ian Penny and Nussbaum what was labeled a best-and-final offer to preserve a 162-game season and full pay, attaching a 3 p.m. deadline.

The union executive board met by Zoom starting at 1 p.m., and Meyer texted Halem a little before 2 p.m. asking for more time.

Veteran baseball writer Jon Heyman tweeted the balloting in what appeared to be real time, first at 2:50 p.m.: "Union executive board appears to be voting against approval." Then at 3:07: "Team votes are coming on now. ... So far players are going against the executive council."

At 3:17 management negotiators heard cheers erupt from elsewhere on the floor of MLB's Rockefeller Center office. They were a response to his tweet: "Union votes yes on deal."

The final vote was 26-12 in favor, with the executive subcommittee all opposed and the team player representatives

AP

Major League Baseball Players Association Executive Director Tony Clark, right, answers a question at a press conference in their offices in New York, Friday, March 11, 2022.

26-4 for approval.

About 20 minutes later, Meyer called Halem to deliver the news, and at 6 p.m. the 30 owners unanimously approved during their own Zoom.

"We had 38 guys on our executive board who were intimately involved in every step of the way — either they took part directly in meetings or they were being briefed multiple times a day," Meyer said.

"Everything that we did was done based on the input and guidance from the board. We obviously wanted to explore all possibilities of getting a fair deal without missing games. If there wasn't a fair deal to be had, then guys were prepared to do whatever is necessary. Ultimately, a majority of guys believed that the deal we had on the table was a good deal and worth taking without the risk of missing games."

Collective bargaining in sports is a process of posturing by management and players who refuse to reveal bottom-line positions until the last possible moment before big money is in danger.

Meyer, a bespectacled, bearded 60-year-old sports law attorney and litigator who spent 30 years at Weil, Gotshal & Manges, was hired by the union in August 2018 as senior director of collective bargaining and legal.

Halem, a 55-year-old former Proskauer partner, joined MLB in 2007 and took over as MLB's chief negotiator ahead of the 2016 agreement.

Bargaining has a Rashomon effect on the parties.

MLB felt an initial turning point was on Feb. 28 during 16 hours of talks in Jupiter, Florida, that would stretch until 2 a.m. the next morning. A two-on-two meeting among Halem, executive vice president Morgan Sword, Meyer and union director of player services Kevin Slowey started just after 7 p.m. and lasted almost an hour in a second-floor office next to a conference room. The sides discussed what could lead to a framework of various packages and trades.

Meyer remained pessimistic, focused on the large gap in numbers and was convinced management was trying to spin an unwarranted upbeat outlook.

There had been 15 largely unproductive core bargaining sessions leading up to the lockout on Dec. 2 plus 22 days of meetings on other issues. Initial presentations were made April 20 and the first proposal on May 6. Because of the pandemic, sessions were held over Zoom and dominated to some extent by speeches.

The sides met in person on Aug. 16 in Denver, when MLB made an economic offer. The union responded on Oct. 29, the day of World Series Game 3. There were four more meetings during the first few weeks of November, then three starting Nov. 29 at the Four Seasons Resort at Las Colinas in Irving, Texas, site of the union's executive board meeting. Players made an offer, and MLB concluded there was little to respond to.

"It was clear there wasn't going to be a deal before the deadline," Halem said.

Bargaining broke off, and management's negotiators left the hotel about nine hours before the contract expired at midnight EST. While MLB prepared for a signing freeze, teams feverishly concluded a one-day record of $1.4 billion in contracts to 27 players.

Economic negotiations didn't resume until Jan. 13, and then only with another Zoom. The sides held a core economic meeting in person for the first time since the lockout on Jan. 24 at the union's New York office, and players withdrew their proposal to liberalize free agency with an age-based backstop.

The sides met again the following day and MLB eliminated its plan to cut salary arbitration eligibility and also for the first time agreed to the union's concept of a pre-arbitration bonus pool, though at $10 million to the union's $105 million.

What followed was a series of glacially paced sessions that reinforced spring training would not start as scheduled on Feb. 16. MLB's request for a federal mediator was rejected by the union and a Feb. 17 session lasted just 15 minutes. At a one-on-one side session after, Halem told Meyer a deal would have to be reached by Feb. 28 to salvage March 31 openers.

Talks shifted on Feb. 21 to Roger Dean Stadium, the spring training home of the St. Louis Cardinals and Miami Marlins, less than three miles from the home of Max Scherzer, whose $43 million salary tops the majors. With more than a dozen players and several owners on hand, the sides spent four straight days mostly feeling each other out, testiness increasing and players pounding the table and shouting at Halem and owners in frustration over management's lack of movement on tax proposals.

A one-on-one meeting that Friday on Feb. 25 between Manfred and union head Tony Clark started at just before 4 p.m. and lasted about 30 minutes on the possible path to deal. It was the first sign of movement.

There was slightly more intense bargaining over the weekend, but not until Monday's marathon of 13 sessions over 16 1/2 hours was extensive progress made.

"I haven't had so little sleep since college," Yankees manager general partner Hal Steinbrenner said.

MLB voiced more confidence than the union and extended Manfred's deadline to save opening day until 5 p.m. Tuesday. But after a union conference call, talks stalled again with each side lashing out.

Manfred held a news conference in the left-field corner as the deadline passed, canceling a week of games. Two hours later, the union held its own media session 5 1/2 miles away at the Wyndham Grand Jupiter, with Scherzer and reliever Andrew Miller flanking Clark and Meyer, and more than a dozen players sitting in the audience to lend support.

Bargaining resumed on Sunday, March 6, with the union making minor movement, what would turn out to be the start of five straight days of negotiations culminating in the deal. By then, there had been enough progress that MLB counsel Vanish Grover and Justin Wiley started preparing what would become a 20-page memo outlining terms that Halem would send on the evening of March 10 to club control persons.

On Monday, Manfred got approval from the labor policy committee for the Tuesday deadline to cancel another week while telling the union it was the last time to get in 162 games and keep full pay, That was conveyed during a three-on-three meeting at the union office that started at 3:30 p.m.

"The use of deadlines and extending deadlines and figuring out when to set them and when to back off them is part of the art of collective bargaining," Manfred said.

MLB extended that deadline to Wednesday during 16 1/2 hours of talks that recessed at 2 a.m. to allow another player meeting in the morning. That became the day of hang-ups over the draft, which included the final in-person meeting, when three union officials make a three-block walk through a wintry mix of snow and rain to hand-deliver an offer.

Manfred's fifth deadline was the one that worked, enabling the season to start a week behind schedule on April 7.

"The deal got better and better for us at every stage, including even in the last 24 hours," Meyer said. "Players generally don't appreciate being given deadlines. They don't react well to it. Having said that, there were certain aspects of the calendar that did affect the parties' assessment of where they were."

MLB's luxury tax threshold offer rose from $214 million on Feb. 26 to $220 million two days later and $230 million on March 8. For 2026, the figure rose from $222 million on Feb. 26 to $244 million by the end.

Similarly, the pre-arbitration bonus pool increased from $10 million on Jan. 25 to $40 million on March 8 and $50 million in the final deal.

The executive subcommittee thought the union could have pushed for more — seven of the eight earned $12 million or more last year, and five are represented by the game's leading agent, Scott Boras. The majority of the larger executive committee took the deal in what the union said showed the democratic nature of a union that encouraged widespread attendance on the Zooms.

"We don't tell teams how to vote or who to vote for for player reps," Meyer said. "Teams obviously make their decisions. Some clubhouses, they tend to be younger guys. Other clubhouses, they're veterans."

Paradise Realty nips Lakay/Islanders in men's division

By MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Zach Diaz scored on a inside foray in the dying seconds to lift Paradise Realty to an 88-86 win over Lakay/Islander in the men's division of the Inaugural SCLC Basketball League last Thursday night at the Gillette Multi-Purpose Gymnasium in Gualo Rai.

The win improved Paradise Realty's win-loss standings to 4-1, while the setback dropped Lakay/Islander to 3-3.

Paradise Realty stormed out of the gates and led 18-11 thanks to the 5 early points of Airson Atan.

But Lakay/Islander would get right back in the thick of things as Keith Santos found his rhythm and scored 8 points to give his team a 39-31 advantage at the half.

The see-saw battle continued in the third with Atan returning to form by exploding for 8 points to give Paradise Realty a 61-58 edge heading into the fourth and final quarter.

Both teams continued to fight tooth and nail in the final 10 minutes of the contest. Atan and center Juan Camacho primarily carried the offensive load for Paradise Realty, while Preston Basa shot the lights out, firing 10 of his 16 total points in the payoff period.

Diaz, however, came out of nowhere to outshine the leading scorers, nailing the winning basket. He finished with 8 points, but none more critical than the marginal deuce.

MARK RABAGO

Juan Camacho, seen here in a file photo, scored 16 points for Paradise Realty in their win against Lakay/Islander in the men's division of the SCLC Basketball League last Thursday night at the Gillette Multi-Purpose Gymnasium in Gualo Rai.

Atan led all scorers with 22 points, while Camacho fired 16 in support. Center Zeric Gant and Basa led Lakay/Islander's losing cause with 16 apiece.

In the first game, Blue Haus/Alii got 14 points from Errol Peredo and 13 points from Jaymark De Guzman to upend JTM, 70-55. It was the fourth win in seven tries for Blue Haus/Alii, while the loss was JTM's very first in four games.

In the second game, IT&E finally barged into the winning column with an 80-75 win over RNV Construction. While the victors improved to 1-3, the losers remain in the men's division cellar at 0-4.

First Game

Blue Haus/Alii 70 – Peredo 14, De Guzman 13, Lauron 12, Talania 11, Devero 10, Esdrelon 5, Berline 3, Santos 2.

JTM 55 – Bautista 16, Dancel 12, Directo 7, Volua 5, Gantor 4, Rodriguez 3, Ferer 3, Demonteverde 2, Broncan 1.

Scoring by quarters: 19-9, 31-29, 53-45, 70-55.

Second Game

IT&E 70 – Reign 19, Torres 12, De Guzman 12, Camacho 11, Morales 7, Jose 6, Singca 4.

RNV Construction 75 – Villacrusis 24, Ocampo 22, Vargas 9, Villanil 9, Taraya 4, Andolina 4, Alcoseba 3.

Scoring by quarters: 24-18. 42-43, 60-57, 80-75.

Third Game

Paradise Realty 88 – Atan 22, Ju. Camacho 16, Castro 9, Rasa 9, Diaz 8, Del Rosario 6, Joyner 5, Dela Cruz 4, B. Sablan 3, J. Sablan 2, Jo. Camacho 1.

Lakay/Islander 86 – Gant 16, Basa 16. Santos 11, Rabauliman 9, Escano 9, Capalad 9, Dela Cruz 7, Natividad 6, Aguon 3.

Scoring by quarters:18-11, 31-39, 61-58, 88-86.

KIM

From Page 20

the event with my family who gave me emotional support. I would like to thank my wife, Yun, and my kids, Sophia, Nicole, and Joshua."

He said course conditions were great for playing golf last Saturday. Kim first started playing golf in 1999.

Asked what caused him to fade a bit in the last three holes, Kim said, "I felt little bit tired that day. I think my anxiety caused the three bogeys."

CNMI national golfer J.J. Atalig came in second to Kim with a 74 built around five birdies. He started out like a house on fire with a 2-under 34 in the first nine holes before struggling a bit with a 4-over 40 in the back nine.

Third place Freddy Salavaria actually finished tied with Atalig with his identical 74, but lost via scorecard tiebreak. In contrast with Atalig, Salavaria started slow with a 39 in the front nine, before heating up in the back nine with a 35. He had four birdies in all in holes No. 3, 16, 18, including a spectacular two-shot one in hole No. 15.

In the A Flight, Guam junior golfer Stussy Shiroma beat *Marianas Variety* publisher Amier Younis and former Saipan Baseball League star Ned Norita in a scorecard tiebreak to win the division.

Shiroma had a 36 his first nine holes before firing a 40 in the last nine to finish with a 76, highlighted with birdies in holes No. 5, 7, and 11.

Runner-up Younis reached his 76 following a 39 in the front nine and a 37 in the back nine with birdies in the 14th, 15th, and 17th holes.

Third place Norita mirrored Shiroma's front nine and back nine scores but with birdies in holes No. 1, 4, 5, and 17.

In the B Flight, Nick Reyes took the plum with a 76, followed by Roy Ada and Peter Mendiola with scores of 79 and 83, respectively.

First place across all divisions of last Saturday's tournament was worth $500, while $300 and $200 went to second and third places, respectively.

Results of the C Flight, Ladies Flight, and Seniors Flight will be published in the next issues of *Saipan Tribune.*

TEAM

From Page 20

nate, and monitor the fight against drugs in sports.

Miranda and Marsters discussed the testing process and its 11 stages, which focuses on protecting the integrity of the tests and the rights of the athletes. The presenters also answered questions ranging from the list of banned substances to the instances that testing is allowed to be delayed.

"We are pleased with the turnout of both sessions and the questions raised during the discussions. We're glad to have many athletes and coaches/officials for this educational program because we want to remind athletes that it's their responsibility to know what they are putting in their body. For coaches/officials, they have to know that they can't interfere with the process," said Miranda, who also shared his personal experience in testing Guam athletes.

"As an athlete, even if you unintentionally take the banned substance, that's not a valid reason and you are still in violation of the anti-doping rules. Coaches and officials must also be aware of the rules to they can guide and protect their athletes," said Marsters.

Franco Santos of golf and Mayiah Duenas of *va'a* were among the 158 attendees of the workshop and both underscored the importance of the educational program, especially to athletes that haven't gone through testing or are not comfortable with the process.

"We have a lot of questions that were answered, like how would we know if what we thought is a regular medicine/supplement could still contain prohibited substance. It's good that we're having this discussion now than during the competition itself or after you have won a medal because if you get tested and unfortunately, they found something, you might lose that medal and worse also lose more opportunities to compete in the future," Duenas said.

Santos, on the other hand, took note of the impact of the violation on the athletes' health and reputation as well as for their team, family, and the NMI.

"Doping doesn't only harm you with short term and long-term effects, but it also brings a negative image to yourself, your coach, your family and your country," said Santos, who will be representing the NMI in a regional tournament for the second time, but last Monday's session was his first time to attend an anti-doping workshop.

"It was a very detailed and fun workshop and I did learn a lot of new things. The workshop is very important because we, as athletes need to understand what clean sport means and why it is important. The workshop will help us better prepare ourselves on when, where, why, and how to submit a sample," Santos added.

Meanwhile, Northern Marianas Sports Association president Jerry Tan thanked the ONOC delegation, led by its secretary general Ricardo Blas, for making the educational program available to Team NMI. Tan, who attended the workshop too, also acknowledged the leadership of the nine sports federations participating in the Pacific Mini Games for quickly organizing their athletes and officials for the event.

"The attendance from our athletes and officials in the anti-doping workshop shows how our Team NMI is committed to preparing themselves for the Mini Games and representing ours islands well," Tan said. ***(PR)***

SATO

From Page 20

runners Sildrey Viloria and Michael Mancao. They are practicing middle distance for the Pacific Games," said the 50-year-old general manager of Kingfisher Golf Links.

Sato said good thing Viloria and Mancao faded a bit as the run became longer and he was able to take advantage and take the lead.

"After two kilometers, they slowed down the pace. They are getting faster because the CNMI athletics team has Dr. Ron Snyder as head coach. He has IAAF coaching certification. I trained before under his curriculum which made me faster," said the native of Tokyo, Japan.

Sato also thanked the Commonwealth Healthcare Corp.'s Sunshine Squad and Run Saipan for hosting running event.

"This time close to 100 runners showed up. I felt everything's returning to normal after pandemic. People are significantly more health-conscious since the outbreak of COVID-19 began. I hope this event will be the chance for some to start jogging since regular jogging offers many health benefits. I am looking forward to see the growth of the local running community," he said.

Mancao and Viloria finished second and third in the men's 5K after crossing the finish line in 21:48 and 22:28.28, respectively. Theodore Rodgers (22:28.84) and Greg Trusso (22:42) round out the Top 5 in the men's division.

Among the women, Ayano Braxton was the fleetest afoot with a time of 23:58. Rosemarie Chisato finished second in 25:50, while Run Saipan vice president Jenna Kong was third in 27:07.7. Kathy Ruszala (27:15) and Ann Bang (27:50) completed the Top 5 among the women.

Braxton had mixed emotions after finishing first in the women's race.

"It's embarrassing to take first place at this time. I used to run 5 kilometers in 22 minutes until a few years ago, but as I got older, it became more difficult. Noriko [Jim] and Akiko [Miller], who are 10 years older than me, can run faster than I do. I would like to enjoy the run a little more so that I can keep up with them. And thank you to all the people who always support me," she said.

Braxton dedicated her win in the Happy Hearts 5K run to her husband, James, and their daughters, Aoi and Kaya.

TRIBUNE SPORTS SCORES

NBA STANDINGS

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
Philadelphia	43	26	.623	—
Boston	43	28	.606	1
Toronto	39	31	.557	4½
Brooklyn	37	34	.521	7
New York	30	40	.429	13½

Southeast Division

y-Miami	47	24	.662	—
Charlotte	36	35	.507	11
Atlanta	35	35	.500	11½
Washington	30	40	.429	16½
Orlando	18	53	.254	29

Central Division

Milwaukee	44	27	.620	—
Chicago	41	29	.586	2½
Cleveland	41	30	.577	3
Indiana	24	47	.338	20
Detroit	19	52	.268	25

WESTERN CONFERENCE

Southwest Division

Memphis	48	23	.676	—
Dallas	43	28	.606	5
New Orleans	29	41	.414	18½
San Antonio	27	44	.380	21
Houston	17	53	.243	30½

Northwest Division

Utah	44	26	.629	—
Denver	42	29	.592	2½
Minnesota	42	30	.583	3
Portland	26	43	.377	17½
Oklahoma City	20	50	.286	24

Pacific Division

x-Phoenix	57	14	.803	—
Golden State	47	23	.671	9½
L.A. Clippers	36	37	.493	22
L.A. Lakers	30	41	.423	27
Sacramento	25	47	.347	32½

x-clinched playoff spot
y-clinched division

BY THE ASSOCIATED PRESS

LeBron James passes Karl Malone for 2nd all-time in scoring

PAGE 17

Saipan Tribune
Sports

Paradise Realty nips Lakay/ Islanders in men's division

PAGE 19

Kim is king of NMC Golf Open

By MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Gi Yeong Kim shot six birdies and went only 1-over par to win the Championship Flight of the 17th Annual NMC Foundation Golf Tournament last Saturday at the Laolao Bay Golf & Resort.

Kim, who finished second in the Championship Flight of the Northern Marianas College fundraiser last year, topped the showcase division this year after shooting a 1-under par 35 in front nine spiked with birdies in holes No. 3, 5, 7, and 8 in the front nine.

He started the back nine with pars in holes No. 10 and 11 and a birdie on the 12th hole. Kim made up for a bogey on the next hole with his last birdie of the day in hole No. 15 after going par on the 14th to give him 2-under going into the last three holes.

The jitters probably got the better of the longtime tour guide though as he bogeyed the last three to finish with a naked 73, but still topped the Championship Flight and shot the lowest score of the entire tourney.

"I felt happy after winning the Championship Flight. It wasn't expected, therefore, I was able to feel more excitement at the end," said the 52-year-old native of Gangwon Province, South Korea.

Kim, a 2-handicapper, dedicated his first-ever Championship Flight win to his family.

"I am grateful to celebrate

See KIM on Page 19

NMC

Gi Yeong Kim, center and the Championship Flight winner of the 17th Annual NMC Foundation Golf Tournament, poses with, from left. Northern Marianas College regents Michelle Lin Sablan, Jesse Tudela, and Zenie Mafnas, NMC president Galvin Deleon Guerrero, Gov. Ralph DLG Torres, NMC regent Irene Torres, NMC Foundation board member Roman Tudela, and NMC Board of Regents chair Charles Cepeda during the awards ceremony last Saturday at the Laolao Bay Golf & Resort.

Team NMI attends anti-doping workshop

Over 100 athletes and officials from Team NMI attended an anti-doping workshop as part of their preparations for the Northern Marianas Pacific Mini Games 2022.

The workshop, dubbed as Clean Sport and the Protection of Clean Athletes, was conducted last Monday and Wednesday at the NMSA Conference Room through the efforts of the Oceania National Olympic Committees and the Oceania Regional Anti-Doping Organization.

ORADO Finance and Administration Officer Siniva Marsters and Guam National Anti-Doping Organization Lead Doping Control Officer Joey Miranda III were the presenters at the workshop.

They emphasized the importance of educating both athletes and officials on anti-doping regulations and other related information for all stakeholders to understand the process and protect athletes' rights, and to level the playing field.

Doping is the act of consuming banned substances under the World Anti-Doping Agency's list to enhance one's performance in a competition. WADA is an international independent agency established in 1999 to promote, coordi-

See TEAM on Page 19

CONTRIBUTED PHOTO

Oceania National Olympic Committees executive director and chief communications officer Inoke Bainimarama, standing left, introduces the presenters at the anti-doping workshop, which Team NMI attended last week at the NMSA Conference Room.

Sato, Braxton win Happy Hearts 5K

CONTRIBUTED PHOTO

Nearly 100 took part in Run Saipan and CHCC Sunshine Squad's Inaugural Happy Hearts 5K Fun Run last Friday, March 18.

By MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Kosuke Sato and Ayano Braxton pounded the pavement en route to winning the Inaugural Happy Hearts 5K Fun Run last Friday, March 18.

Sato topped the men's division after conquering the race from the Garapan Fishing Base to just past the Japanese Tank Memorial along Quartermaster Road and back in a solid time of 20:05.

"It was cloudy, good weather for running. This time I enjoyed running with young fast

Se SATO on Page 19